

# WILL LED ZEPPELIN REUNITE? {page 19}

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# THE YEAR OF KINK

► BDSM talk at the watercooler? ► Yes, thanks to 'Fifty Shades of Grey' ► Author E.L. James and experts discuss the mainstreaming of taboo in our Sex Issue {page 12-18}

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# Council considers 'stop and frisk' at hearing today

**CITY HALL.** The City Council will meet today to consider legislation about the NYPD's controversial stop-and-frisk program.

Council members are considering four bills that would require the NYPD to identify themselves to the public and say why they are there, and al-



JEREMY SPARIG/METRO

► A controversial topic is up for debate today.

so explain to the New Yorker that they have the right to consent to or refuse the search. One of the bills would also amend the definition of racial profiling.

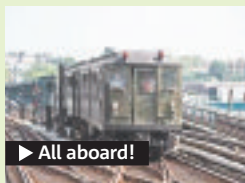
Finally, the fourth bill would establish an inspector general for the NYPD who

would review the department's policies and programs.

Mayor Michael Bloomberg has not been supportive of the idea of putting an inspector general in place, saying it would "politicize" the police department.

● METRO/AB

## In the news



► All aboard!

### MTA will run 'Nostalgia Train' to Yankee game

**NEW YORK.** Grab an old-school seat on the subway on your way to the Yankees' playoff game against the Baltimore Orioles. The MTA will allow fans to travel back in time on a vintage train that was on the rails before the stadium even opened its doors. The "Nostalgia Special" train, which started service in 1917, boasts ceiling fans and drop-sash windows that the MTA promises will bring you "back to an earlier age of subway travel." The four-car train will leave Grand Central Terminal at 6:30 tonight and run non-stop to Yankee Stadium.

● METRO/AB

### Teen driving car in crash may have been high

**LONG ISLAND.** Investigators said yesterday that the 17-year-old driver of a car that crashed, killing his four friends, may have been high at the time of the wreck. Officials told the New York Post yesterday that they suspect Joseph Beer, 17, was high because they smelled what seemed to be marijuana around the vehicle. They also said Beer was driving too fast at the time of the crash, around 4 a.m. Monday morning, when the car hit trees off the Southern State Parkway. Beer survived the crash. ● METRO/AB

# MTA now considering a \$125 monthly MetroCard

► A \$125 30-day subway pass just one of four plans MTA considering as they debate how to best raise fares ► Other suggestions bring monthly MetroCard to \$107 ► No matter what, a fare hike starts in March of 2013



EMILY ANNE EPSTEIN/METRO

► The slowly improving economy has increased ridership on the MTA, but the agency said it still has no choice but to raise fares.

And you thought a \$104 monthly MetroCard is outrageously expensive. According to a new report out yesterday, the MTA is considering one plan that will raise a monthly unlimited subway pass to a whopping \$125.

New York's cash-hungry Metropolitan Transportation Authority is considering four different plans for bus and subway fare increases that would all raise \$232 million a year.

One plan would boost the cost of a one-month MetroCard to \$125 from \$104, while the price of an unlimited weekly fare card would rise to \$34 from \$29, according to the New York Daily News.

The MTA, the country's biggest mass transit system, runs New York City's buses, subways, commuter railroads, and some major bridges and

### MTA to unveil final plan on Oct. 15

As part of the planned MTA fare hike, Long Island Rail Road and Metro-North fares are also scheduled to increase, as are some bridge and tunnel tolls.

The MTA would not confirm any of the projected fare increases but said it would be unveiling fare hike proposals on Oct. 15.

tunnels.

Earlier reports said the MTA was considering raising a monthly pass to \$107.

The financial strains confronting the authority include the spiraling costs of debt service along with pension and health benefits for its workers. The financial plan it issued in

As the MTA did for the 2009 fare hike, it will also hold a series of public hearings in mid-November, and subway and bus riders are encouraged to attend and voice their complaints against the fare increase.

The agreed-upon fare hike would go into effect in March 2013, according to the MTA, which says a fare hike is necessary to bring in \$382 million to balance its budget. ● METRO/CB

July projected deficits for 2014 through 2016.

The authority plans to present its proposed fare hikes around Oct. 15.

Asked about the Daily News report, an MTA spokesman said, "We cannot comment on the specifics outlined in the piece." **REUTERS**

## MTA mulling four different plans



Two of the plans the MTA is considering would raise the base fare by 25 cents to \$2.50, the Daily News reported, along with other changes the newspaper did not specify.

Two other plans would keep the current base fare for subway and bus riders, it said.

One plan would cut the MetroCard discount to 5 percent from 7 percent; the second proposal would eliminate the discount.

The cost of a weekly MetroCard would rise to \$34 under the first plan or \$32 under the second. A monthly fare card would cost either \$125 or \$119, the paper said. **REUTERS**

## In the news

### NJ store shows off Obama as witch doctor in window display

A Spring Lake, N.J., clothing store is displaying an image of President Barack Obama's head superimposed on the body of a witch doctor, above the word "ObamaCare." The "C" in ObamaCare is the Communism symbol. Town residents are outraged, but store owner Bill Skuby said the window caters to his "1 percent customer." ● METRO/DT

## In the news



### Mistaken identity in Union Square killing case?

Police are investigating whether a soccer coach killed in Union Square was a victim of mistaken identity. Police Commissioner Ray Kelly told reporters yesterday that police are looking into what happened at a bar on 14th Street, and what happened between the killer and a woman at the bar.

● METRO/AB



# Officials plead for harsher sex crime penalties

► Local elected officials say criminals should face harsher penalties for multiple attacks ► A call for revising laws comes after attacks rise in city's parks

WILLIAM ALATRISTE



► Women participate in a self-defense class in Central Park on Sunday, organized by City Council Speaker Christine Quinn.

After an alarming rash of sexual attacks in city parks, City Council Speaker Christine Quinn said yesterday that sexual predators need to be jailed longer — and should face harsher sentences when they attack again and again.

Just yesterday, David Mitchell, 42, was indicted for allegedly raping an elderly woman in Central Park, and prosecutors said he sexually abused two additional women that very same day.

Quinn announced yesterday a five-point fleet of legislative suggestions she said should make it more difficult for predators to leave prison, and easier to prosecute them.

Quinn referenced two recent rapes, one of an elderly bird-watcher in Central Park in August and another a woman who was raped in Hudson River Park in September.

City officials said the multiple attacks unsettled residents.

**"This is about keeping New York City safe for women, and that's the bottom line."**

QUEENS COUNCILWOMAN  
JULISSA FERRERAS

## Rape suspect in court

Quinn made the announcement the same day that David Mitchell, 42, was indicted for allegedly raping an elderly woman in Central Park. Prosecutors say that he raped a 73-year-old woman who was bird-watching in the park. He was also charged with sexually attacking two women on the Upper West Side that same day. "The timing, I hope, sends an even stronger message that we're not going to yield one piece of parkland, one blade of grass," Quinn said.

"These attacks have women on edge," Upper East Side Councilwoman Jessica Lappin said.

Quinn suggested that sex offenders should appear once a year to have their photo taken and meet with law enforcement. Right now, some meet just once every three years. Among other suggestions include pushing judges to seek maximum jail time and provide more funding to sex assault response teams, which

## Another sex attack in park

Police are looking for a man wanted for attacking a woman in Peck Park in Fresh Meadows, Queens. According to police, on Aug. 21 at around 10:30 p.m., a man approached a 17-year-old girl, knocked her to the ground and tried to rape her. The victim was able to kick him and get away, cops said. Police described him as white, 40 to 50 and about 5-foot-11 and 225 pounds. The victim said he spoke with an Eastern European accent.

aid victims and collect evidence that can be pivotal for prosecution.

Queens Councilman Peter Vallone said that the state punishment for public lewdness, like flashing someone on the subway, doesn't change, even after multiple times. "No one is doing jail time for their sixth, seventh lewdness," he said. "That's ridiculous."



ALISON BOWEN  
alison.bowen@metro.us

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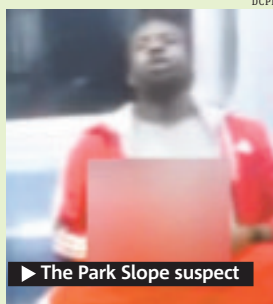


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## In the news

### Police seek two-time subway flasher

**BROOKLYN.** The NYPD is looking for a man who exposed himself to two different women while aboard the F train last month, the police department



► The Park Slope suspect

announced yesterday.

On Thursday, Sept. 20, at approximately 1:20 p.m., his first victim, a 39-year-old woman, said she walked onto a Manhattan-bound F train at the Seventh Avenue subway stop in Park Slope.

A man got on the train at the same time, sat down across from her and exposed himself to her.

The woman recorded the lewd act on video camera and

then, terrified, ran off the train.

However, just moments later, at approximately 1:35 p.m., the same man boarded an F train at the Church Avenue subway station.

He again exposed himself to a 25-year-old female rider, police said. The suspect exited the train at the Church Avenue station and fled to parts unknown.

He still remains at large.

● METRO/CB

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# Get ready to count calories with vending soda machines



## Sugar rush

Popular sodas have the following calorie and sugar counts:

- Coke: 140 calories (39 grams of sugar)
- Pepsi: 150 (41 grams)
- Mountain Dew: 170 (46 grams)
- Ginger ale: 140 (35)

► The calorie counts will start in San Antonio and Chicago first.

Coca-Cola Co., PepsiCo Inc., Dr. Pepper Snapple Group Inc. and other beverage makers will begin displaying the calorie count of drinks sold in vending machines next year, a U.S. soda industry group said on Monday.

The announcement comes as studies cite links between sugary drinks and the obesity epidemic in the United States and amid growing pressure from public officials.

Last month, New York City passed the first U.S. ban of oversized sugar drinks to fight obesity. Soft-drink cups larger than 16 ounces will be banned in restaurants, fast-food eateries, ball parks and movie theaters citywide starting in March 2013.

The American Beverage Association blasted New York City's ban, introduced by Mayor Michael Bloomberg, saying that it greatly restricted New Yorkers' freedom of choice.

As an alternative, under a new program announced by

## Epidemic

### One-third of country is obese

About one-third of Americans are obese, and about 10 percent of the nation's health-care bill is tied to obesity-related diseases, such as Type 2 diabetes, heart disease and hypertension, according to the Organization for Economic Co-operation and Development.

the American Beverage Association, vending machines will tell consumers how many calories are included in a soft drink, first at city government buildings in San Antonio and Chicago in 2013, then nationwide.

Calorie counts will appear on the buttons people press to select a drink, and the machines will also display a message to remind consumers to "check, then choose" and "try a low-calorie beverage." **REUTERS**



# Nerds set to descend on Gotham for Comic Con

ALL PHOTOS: GETTY IMAGES



► Visitors at last year's New York Comic Con got to check out the Michael Keaton-era Batmobile.

A sold-out Comic Con will kick off at the Javits Center tomorrow, and rage on through the weekend.

This will be the seventh annual gathering of more than 100,000 geeks and nerds hanging out alongside Hollywood celebrities pushing fantasy movies and television shows.

New York Comic Con is still little brother to San Diego Comic Con's varsity nerd, which hosts a quarter of a million fanboys and fangirls yearly, according to the New York Daily News.

This year's convention boasts a flurry of celebrity guests, from Julianne Moore promoting her upcoming movie, "Carrie," to Teen Wolf Tyler Posey.

For a more old-school



► Watch out for her lasso, fan boys.

crowd, Kevin Smith and his posse of fanboys will appear at a Comic Book Men panel on Friday, and Bill Paxton of "Apollo 13" and "Twister"

fame will be appearing on Saturday.

New York Comic Con also boasts that Princess Leia Organa (yes, she has a last name) will be there as well, acknowledging as a sidenote that her real-life name is Carrie Fisher.

Last year's Sci-Fi Speed Dating event at Comic Con was apparently such a huge hit — the website boasts of "lines out the door" — that they're bringing it back this year again.

All the pre-bookable slots have been filled, but a few spaces will be available to people who show up half an hour prior to each two hour session.



**DANIELLE TCHOLAKIAN**  
danielle.tcholakian@metro.us

## Stringer hosts after-hours market party

**HARLEM.** Manhattan Borough President Scott Stringer is hosting the city's first ever nighttime farmers market. The farmers market will be held in East Harlem tomorrow evening, from 4-9 p.m.

Stringer's office notes that many city residents miss out on daytime farmer markets because of work commitments, so this initiative aims to give East Harlem residents the opportunity to shop for fresh pro-



► Stringer

duce and baked goods after hours.

The Harlem Pop-Up Greenmarket will be located at The Harlem Treasure Chest Flea Market on the corner of 117th and Frederick Douglass Boulevard.

● METRO/DT

## Pension fund chief sentenced

**NEW YORK.** David Loglisci, former chief investment officer at the New York state pension fund, was sentenced to a conditional discharge yesterday for allowing a "culture of corruption" at the fund.

Loglisci is among eight people who pleaded guilty in a probe of "pay-to-play" at the New York state Common Retirement Fund under Alan Hevesi, the comptroller from 2003 to 2006, whose job it was to manage the fund. Hevesi, who admitted to abusing his position, is serving up to four years in prison.

REUTERS

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## News in brief

GETTY IMAGES



## Nobel for quantum physics 'parlor trick'

**STOCKHOLM.** A French and an American scientist won the Nobel Prize yesterday for finding ways to measure quantum particles without destroying them, which could make it possible to build a new kind of computer far more powerful than any seen before.

Serge Haroche of France and American David Wineland, both 68, found ways to manipulate the very smallest particles of matter and light to observe strange behavior that previously could only be

imagined in equations and thought experiments.

Wineland has described his own work as a "parlor trick" that performed the seemingly magical feat of putting an object in two places at once. **REUTERS**

## Protestants now US minority for first time, Pew finds

**CHICAGO.** Protestants have lost the majority status they've had in the U.S. for more than two centuries as the number of Americans who don't claim any religion has surged, according to a Pew Research Center survey released yesterday.

The number of Protestants has fallen to 48 percent, from 53 percent in 2007, reduced by the growing number of unaffiliated Americans, now 33 million, as well as 13 million agnostics and atheists. Almost one of every five Americans doesn't belong to a church, the center's Forum on Religion & Public Life found.

**REUTERS**

# Sandusky gets 30-60 years in prison for child abuse

PATRICK SMITH/GETTY IMAGES



45

**Jerry Sandusky was convicted in June on 45 counts of child sex abuse for molesting 10 boys over 15 years; some of the abuse occurred in the football team's showers on the Penn State campus.**

## Quotes from the victims at the sentencing

**"I will never erase the images of his naked body on mine."**

and their souls," Cleland told him at the hearing in Centre County Court. "The tragedy of this story is it is a story of betrayal. Some of your victims

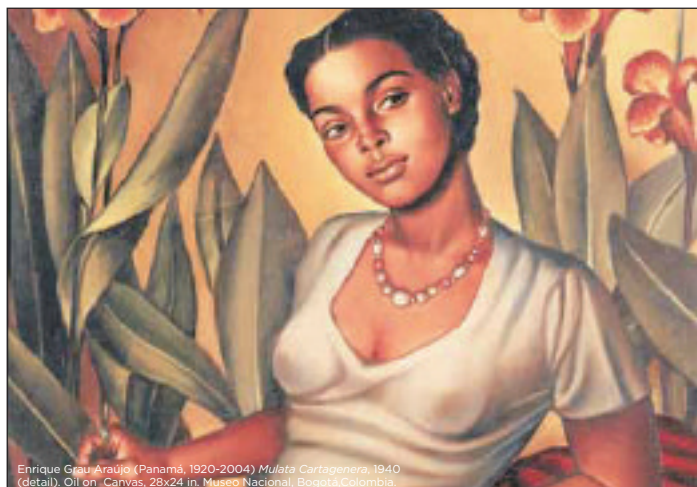
**"He took away my childhood the day he assaulted me."**

had a genuine affection for you. "It is precisely that ability to conceal those vices from yourself and everyone else that in my view makes you danger-

ous," he said.

His victims accused him of fondling, as well as oral and anal abuse. One recalled screaming in vain for help in the basement of Sandusky's home.

The scandal highlighted the devastating issue of child sex abuse and raised pointed questions about the motivation of people who knew about Sandusky's behavior but failed for years to report it. **REUTERS**



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# Skydive delayed due to strong winds

REDBULL



► Austrian daredevil Felix Baumgartner will have to wait until another day for his free fall.

An Austrian daredevil called off his death-defying skydive from a balloon 23 miles over the New Mexico desert yesterday because of winds at the launch site.

Felix Baumgartner, a helicopter pilot, hot-air balloonist and professional skydiver, was preparing to break a longstanding altitude record.

But his team announced the launch had been aborted moments after Baumgartner's balloon was set to carry him aloft over Roswell, New Mexico.

Team spokeswoman Sarah Anderson later said no new launch attempt would be made before tomorrow. She said today had been ruled out due to weather concerns and to give Baumgartner's support crew a day off.

Winds were about 17 mph when the balloon launch was canceled at 1:43 p.m.

## Supersonic free fall

Baumgartner's goal is to break the record of 102,800 feet for the highest-altitude free fall, a milestone set in 1960 by U.S. Air Force Colonel Joe Kittinger.

As he falls from 120,000 feet, Baumgartner would also break the sound barrier. With virtually no air to resist his fall, he was expected to reach

the speed of sound, which is 690 mph at that altitude, after about 35 seconds of free fall.

He would stay supersonic for nearly a minute and should free fall for a total of 5 minutes and 35 seconds.

Baumgartner's safety gear includes his custom space suit that will protect him from low pressure and the extreme cold. Temperatures are expected to be as low as about minus 70 degrees Fahrenheit. **REUTERS**

The 30-million-cubic-foot plastic balloon, which is about one-tenth the thickness of a Ziploc bag, cannot handle winds greater than 6 miles per hour.

Baumgartner would be the first parachutist to break the sound barrier but not the first person to fall faster than the

speed of sound. On Jan. 25, 1966, Bill Weaver, a test pilot aboard an SR-71 Blackbird aircraft, was ejected over the United States from his damaged plane at Mach 3.18 — more than three times faster than the speed of sound — and survived. **REUTERS**

## Metro photo challenge



► "One in a million" is by Sonia Chin of Brooklyn.

To see your work in print, visit [www.metrophotochallenge.com](http://www.metrophotochallenge.com) and submit your best photos to the world's largest photo competition and you'll have the chance to get published!

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## In the news

### US downgrade seen as upgrade as \$4 trillion debt dissolved

**CARACAS.** U.S. debt has shrunk to a six-year low relative to the size of the economy as homeowners, cities and companies cut borrowing, undermining rating companies' downgrading of the nation's credit rating.

Total indebtedness, including that of federal and state governments and consumers, has fallen to 3.29 times gross domestic product, the least since 2006. **BLOOMBERG**

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## In the news

## College trustees need to take control of sports, commission says

University trustees should review coaches' contracts and learn the business of college sports to get a better grip on their athletic departments, according to a Knight Commission on Intercollegiate Athletics report.



The boards that govern universities must set policy for sports programs in everything from academics to compliance with National Collegiate Athletic Association rules and make sure they are enforced, the report said. **BLOOMBERG**

## Meningitis outbreak stirs calls for FDA pharmacy oversight

A deadly meningitis outbreak tied to contaminated steroid shots should spur new legislation to regulate how pharmacies mix and dose drugs, experts said yesterday.

Health officials reported eight deaths and 105 cases of fungal meningitis stemming from compounded versions of a steroid injection used largely to treat back pain. They estimated that as

many as 13,000 people in 23 U.S. states may have been exposed to the drugs.

The source of the tainted drugs, the New England Compounding Center Inc., in Framingham, Mass., is one of thousands of pharmacies that repackage or recombine medications on a sizable scale, sometimes for off-label use by thousands of patients. **REUTERS**

## Crisis exposes burden of France's generosity



▶ Hollande

Savoring a long lunch after a morning tending to baby quince and pear trees, the French Senate's 78 gardeners are blissfully untouched by the economic crisis gnawing at Europe's core.

They have jobs for life that pay 40 percent above the average French take-home salary and get "wet weather" bonuses when they work in drizzle, storms or snow.

Stalled growth in Europe's No. 2 economy has exposed the strain on public finances from the benefits lavished on these and other civil servants, and a growing chorus of opinion says it is time they were radically pruned back.

Even more comfortable are the hundreds of administrative staff inside who get bonuses if lawmaker debates run over into the night — regardless of whether they stayed late them-

56.3%

Public spending eats up 56.3 percent of France's economic output, second only to Denmark among developed nations and 10 points above neighboring Germany

40%

Around 40 percent of the bill goes toward a fiercely cherished welfare system

istration running from the president's office to the furthest-flung town hall.

The system has cushioned the households of one in five French workers from an economic crisis that has battered industry and bled private-sector jobs across most of Europe.

But with a public debt of 90 percent of output and Socialist President Francois Hollande battling to slash a 4.5 percent deficit, the question is whether France can still afford it.

France must tackle its debt mountain as part of efforts to end the three-year crisis over euro zone sovereign debt that has raised doubts over the survival of the currency.

Hollande stuck to taxing the rich and a mere freeze on public spending in his first budget last month, but investors are looking for much deeper cuts to the state system. **REUTERS**

## Teen Design Fair

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TWITTER



## Avoiding Facebook fate is Twitter CFO's goal on way to IPO

Ali Rowghani got a voice mail on his mobile phone from Steve Jobs on a Saturday in early 2010. The Apple co-founder wanted to keep Rowghani, then chief financial officer at Walt Disney Co.'s Pixar, from leaving to become finance chief at Twitter Inc.

Jobs, who also led Pixar before selling it to Disney, made several calls, as did Disney Chief Executive Officer Bob Iger, said a person with knowledge of the matter who asked not to be identified because the interchange was private. Rowghani left anyway.

"This company is already, like, world famous and making this massive impact and has clearly touched this nerve," Rowghani remembers

### Twitter IPO

Executives have declined to speculate on a timetable for an IPO. For now, the company is focused on attracting users and finding ways to generate revenue from advertisers eager to reach Twitter's audience of more than 140 million people. The company is forecasting at least \$1 billion in sales in 2014, two people with knowledge of the matter said in June. That was about twice the prediction at the time from EMarketer Inc.

saying about Twitter at the time. "I didn't think I'd encounter opportunities like

that very frequently."

At his new employer, Rowghani, 39, has assumed a broader range of responsibilities than the typical number-crunching CFO, holding sway over partnerships and global expansion. While Rowghani also handles finances, he's one of the closest advisers to CEO Dick Costolo and he will figure more prominently as the microblogging service seeks to fend off competition while heading for an eventual initial public offering.

"Ali's brought terrific business judgment to the company," said Peter Currie, a private investor who is on Twitter's board. "He thinks broadly. He doesn't think just from the point of view from his position as CFO." **BLOOMBERG**

### In the news

## Ex-GE CEO Welch leaves Fortune after Twitter-post backlash

Jack Welch, the former chief executive officer of General Electric Co., will stop writing



► Welch

for Thomson Reuters Corp. and Fortune magazine after backlash to his Twitter post suggesting President Barack Obama's administration manipulated employment data that lowered unemployment below 8 percent for political gain. Welch sent an e-mail to Reuters Editor-in-Chief Steve Adler and Fortune Managing Editor Andy Serwer saying he and his wife, Suzy, were terminating their contract and would no longer contribute to Reuters or Fortune.

**BLOOMBERG**

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## Preaching to the choir

### Candidates reach out to core groups

With polls showing the election tightening, Mitt Romney and Barack Obama are appealing to core constituencies, with the Republican challenger using two visits in Virginia to reach out to military voters and the president wooing Hispanic support at the Cesar Chavez monument in California. Romney intensified his foreign policy attacks on Obama at the Virginia Military Institute. **BLOOMBERG**

**"People wonder why it is I'm so confident we're going to win. ... Because I see you here on a day like this."**

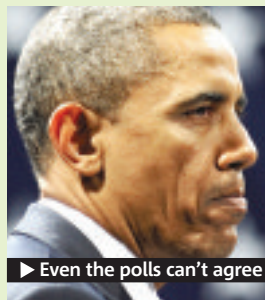
A RAIN-SOAKED ROMNEY IN A SPEECH IN NEWPORT NEWS, VA.

# Even polls take a side: Surveys conflict over who has the edge

Two recent national polls showed one of the presidential candidates moving ahead of the other.

They just couldn't agree on who one.

A Pew Research Center survey of likely voters conducted Oct. 4 to Oct. 7 gave Republican nominee Mitt Romney a four-percentage point lead over President Barack Obama. A Gallup poll of registered voters Oct. 2 to Oct. 8 showed Obama ahead of Romney by



► Even the polls can't agree on who's the better candidate.

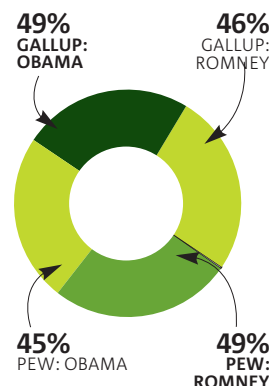


three points after, in a shorter tracking survey of three days immediately following their Oct. 3 debate, it called the race a tie. The results underscore the lack of clarity in an environment in which, almost every day, new polls are released that vary depending on how voters are contacted, how they are counted and other variables tied to an individual polling group's approach to conducting surveys.

**BLOOMBERG**

## Conflicting polls

Gallup favored Obama, while Pew favored Romney



## By the numbers

### Who Americans love to hate

The vice presidential candidates will take the stage for a debate in Danville, Ky., this week. "Very unfavorable" was the most commonly held view of both men.

22%

"VERY UNFAVORABLY"



Biden

53%

ANY KIND OF FAVORABLE

25%

"VERY UNFAVORABLY"



Ryan

47%

ANY KIND OF FAVORABLE

Both President Barack Obama and Mitt Romney's "very unfavorable" score is 27 percent.

As for Vice President Joe Biden and candidate Paul Ryan, Biden looks to be the more popular of the two. "Favorable" responses of some sort — "very favorable," "lean toward favorable," "somewhat favorable" —

totalled 53 percent for Biden and 47 percent for his counterpart from Wisconsin.

In a head-to-head matchup, Biden came out on top. Respondents said the 69-year-old former senator was more qualified to be president than Ryan, 42, by a margin of 39 percent to 33 percent, with 28 percent saying they did not know. **REUTERS**

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## Metropolitick

## SUSAN FERRECHIO

CHIEF CONGRESSIONAL  
CORRESPONDENT,  
WASHINGTON EXAMINERDEBATES DO  
CHANGE  
SOME MINDS

Republican presidential candidate Mitt Romney's drubbing of President Obama at last week's debate in Denver was a game-changer for the presidential campaign, new polling confirms. National tracking polls and surveys of key swing states show Romney leveled the playing field, nipping a once-growing Obama lead and making a GOP victory a far more realistic possibility than it was just a week ago.

In one of the most dramatic shifts, Pew Research reported Monday that Romney not only erased Obama's 8 percentage point lead in its most recent poll of likely voters, but now leads the president by 4 percentage points, a 12-point swing in a matter of days since the debate. Romney now leads Obama 49 percent to 45 percent, according to Pew, which also found that by a 3-to-1 margin voters believe Romney dominated the Oct. 3 debate.

Other polls showed similar, if less dramatic results.

"My polling shows that Obama lost a 4-point lead within 48 hours," Ron Faucheux, president of Clarus Research Group, told The Washington Examiner.

Faucheux and other pollsters are now waiting to see if Romney's poll numbers will shift again after the debate Thursday between Vice President Biden and Romney's running mate, Paul Ryan.

For now, though, Romney's breakout debate performance has boosted him in crucial swing states he needs to win if he's going to oust Obama in November.

A Susquehanna Polling and Research survey released Monday showed the race now statistically tied in Pennsylvania. But the poll also found that 76 percent of those surveyed had watched the first presidential debate, and 2 percent of them said they had actually switched their support from Obama to Romney based on their debate performances.

The polling data are "clear evidence the debates have helped solidify the Keystone State as a tossup election in November — and one well within Romney's reach," said Susquehanna President Jim Lee.

Polls taken since the Oct. 3 debate show the race

## Quoted

**But the poll also found that 76 percent of those surveyed had watched the first presidential debate and 2 percent of them said they had actually switched their support from Obama to Romney based on their debate performances.**

virtually tied in the swing states of Virginia, Colorado and Florida. And Romney has nearly completely erased Obama's lead in Ohio, a state Romney must win if he's going to win the White House, new polls show.

One of the largest shifts nationally in the race was recorded by Gallup, which found in a poll released Monday that Obama lost 5 percentage points among registered voters since the debate, and is now tied with Romney at 47 percent.

Close to 70 million people watched Obama and Romney debate for the first time, and 72 percent of those polled by Gallup rated Romney the winner — compared with just 20 percent who thought Obama did the better job. Even Democrats thought Romney did better, giving him a 10-point margin over Obama. Romney's overall margin of victory was the largest ever recorded by Gallup, the firm reported.

"The debate appears to have affected voters to some degree, given the narrowing of the race in the three days after the debate compared with the three days prior," Gallup reported Monday.

A second poll released by Gallup showed Obama up by 5 percentage points after a new jobs report was released Friday showing the unemployment rate dropping below 8 percent.

Romney's wife, Ann, told WTOP-FM on Monday that the debate offered voters "a completely unfiltered view" of her husband that ran counter to the barrage of negative campaign ads put on by the Obama administration.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.



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# THE 2012 SEX POLL

- We interviewed 2,500 readers about your most intimate secrets
- Here's what you revealed

## What's your kink of choice?

You really enjoy your public displays of affection: An overwhelming 42 percent of survey responders admitted to having sex outdoors or in public. And, while your parents might have told you not to play with your food, now that you're an adult you enjoy bringing the edibles into the bedroom (21 percent).

Three's never a crowd: 13 percent of you have dabbled in a ménage à trois. (Are 13 percent of you lying?)

About 14 percent have tried the dominant game while 10 percent have played the submissive, and an especially sexually adventurous 4 percent of you have tried on some S&M

gear. Playing with candles (4 percent) didn't light your fire as much as playing with butt plugs (9 percent). And a select few of you (4 percent) have a few sexy secrets that weren't even mentioned.

Note to the 34 percent of you who said you weren't kinky: Experiment. If butt plugs are too adventurous, maybe try food in bed — you probably eat there anyway.

## What kind of erotica do you enjoy?

About a quarter (27 percent of you) don't need outside materials to turn you on. But when it comes to your sexual media, the majority of you head on-



line. Forty-five percent get excited from videos and Web clips, with a small portion of responders preferring to watch

sex acts live (4 percent).

Erotic fiction tickles the fancy for 15 percent, while a tiny percent of you are hanging on

the phone (2 percent). About 7 percent are lovers of the arts — pornographic photography art, that is.

## Why is 'Fifty Shades' such a big deal?

For 10 percent of responders, you felt the most appealing part the "Fifty Shades" series was the fact that reading about sex is empowering. However, a lot of you also believed the books had people hooked because it made submissive fantasies more mainstream (8 percent).

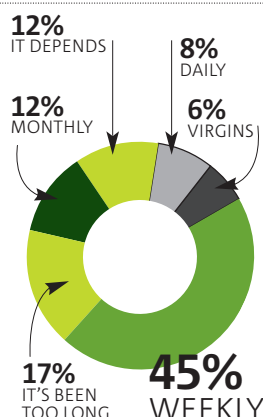
Five percent couldn't ignore that the books' popularity was probably due to the connection to "Twilight," while 6 percent felt the fantasy series' basis in reality was what made so many people to read it.

Three percent felt the reason that "Fifty Shades" was so popular was because it was available on e-book, allowing readers to peruse steamy scenes anywhere — even while riding public transportation. ● MWN

They've gotta have it

## How often do you have sex?

Look at the person next to you. Wink. Today may be your lucky day: 45 percent said they get busy weekly, which beat daily (8 percent) and monthly (12 percent) for the top spot. Only 1 percent have sex yearly, and 12 percent didn't know or said "it depends," but second place actually went to: "It's been too long since the last time" (17 percent). Sorry, folks. May we introduce you to some virgins (6 percent)?

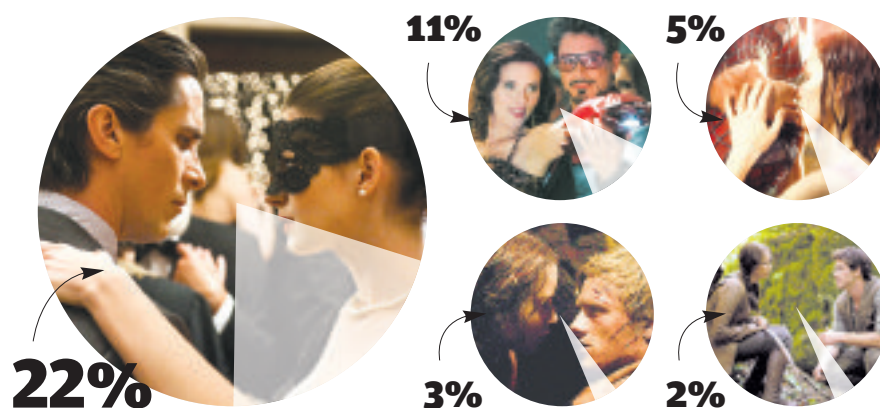


Sweet, sweet fantasy

## What fictional characters do you want to see getting it on?

Light the bat signal: 22 percent of you want to see Batman and Catwoman get busy. Marvel heroes Iron Man and Black Widow aren't that far behind (11 percent), but you weren't so interested in seeing Spider-Man finally land Gwen Stacy (5 percent).

For you "Hunger Games" fans, Katniss and Peeta (3 percent) beat out Katniss and Gale (2 percent).



## Quiz

### What kind of lover are you?

#### 1 Do you like to try new sex positions?

- A** Only ones where my Snugglebutt and I can gaze longingly into each other's eyes.  
**B** Nah, I know what works for me.  
**C** I open my copy of the "Kama Sutra" almost as much as my legs.

#### 2 Lights on or off?

- A** Candles, but of course!



- B** Does (s)he look fat? Then shut 'em off. Ruins my mojo.  
**C** Hmm. Well, the lights usually flash on AND off at the Happy Hardcore sex club.

#### 3 What goes through your head during sex?

- A** Love me, love me, say that you love me.  
**B** Let's get to my stuff, already.  
**C** I wonder if (s)he'll notice me reading the news on my iPhone?

#### 4 Favorite background sex music?

- A** "2 Become 1," The Spice Girls. Or the "50 Shades of Grey" audiobook.  
**B** "(I Can't Get No) Satisfaction," The Rolling Stones.  
**C** "Trapped in the Closet," Chapter 9. A midget.

#### 5 You prefer to sleep ...

- A** In something lacy, silky or soft.  
**B** Alone.  
**C** In a choke-hold.

#### 6 Who's your all-time fave celebrity couple?

- A** William and Kate, the duke and duchess of Cambridge.  
**B** Jack Nicholson and ... whoever he wanted.  
**C** Angelina Jolie and Billy Bob Thornton.

#### 7 Mid-shagging you get the sense that your lover isn't into it. You:

- A** Reach for more warming lavender massage oil. Mmmm.  
**B** Don't notice, don't care.  
**C** Loosen his/her chains.

#### 8 What was your favorite childhood activity?

- A** Watching your favorite Disney fairy tale on repeat.  
**B** A tea party alone.  
**C** The swings.

### Answer key

- **Mostly A's.** You're a romantic. Consider adding a little edge, though. And stop calling people Snugglebutt.

- **Mostly B's.** You're selfish (and a little rude). We're kind of attracted.

- **Mostly C's.** You're kinky. Roll up this newspaper and spank someone.

● SHAKTHI JOTHIANANDAN



DIGITAL VISION



► Not having a good time in the bedroom? ► Sometimes the only way to fix that is to get to know what's going on down under ► One expert explains why pleasure is good for your health ► Plus: A few tools that can help

Most of us know that sex is generally a very good thing. There are even health benefits to a good orgasm (more on that later). But many feel squeamish when it comes to addressing what happens in the bedroom, explains Dr. Hilda Hutcherson, author and member of the advisory board for Intimina, a company that specializes in products designed to promote sexual health in women.

"We still give negative messages regarding sex," she says. "Sex is something that you do behind closed doors in the dark under the covers. ... Despite what you see on television — that everyone's sexually free, that we don't have any issues — in reality, [that] doesn't match with what happens in the average American home."

Dr. Hutcherson has made it her life's work to encourage women to get to know their bodies without the kind of baggage society has piled on them. "I view it as something

### It's good for you!

► According to Planned Parenthood, an orgasm can act as a natural painkiller. While some women use them to fight menstrual cramps, research also suggests that orgasms help to prevent endometriosis, a disease of the uterine lining.

that's important as far as your emotional and physical health," she says. "There have been a number of studies looking at the health benefits of satisfying sexual activity, including improved sleep, decreasing stress/anxiety and decreasing depression. It boosts the immune system, I think probably because there is a marked increase in relaxation when people are sexually satisfied."

Being able to give oneself an orgasm not only creates more opportunities for healthful pleasure, it can also save a

struggling relationship.

"It's about relationships, because most often [women who have difficulties with these issues are] in relationships, but they don't want to have sex because it's not pleasurable and they're not getting anything out of it. Sometimes they're blaming it on their partners," Dr. Hutcherson says. Introducing a little help in the form of an innocuous-looking toy could help to improve the situation.

"I recommend they come in with something that's not phallic, that's small ... so that [one's partner] doesn't feel like [he or she] is being replaced," Dr. Hutcherson says, but adds that solitary exploration is incredibly valuable to achieving orgasm. "The best way to learn how to bring that experience to yourself — because women are responsible for their own sexual pleasure — is by self-pleasure."

**SYLVIA ROXROY**  
letters@metro.us

### Editor's picks

#### That's a what?!

Believe it or not, these sleek little objects deliver generous helpings of stimulation in the bedroom.

**1** Soraya, \$199,  
www.lelo.com

**2** a: Muse Personal  
Massager, \$19.99,  
www.lifestyles.com

**3** Form 2, \$149,  
www.jimmyjane.com



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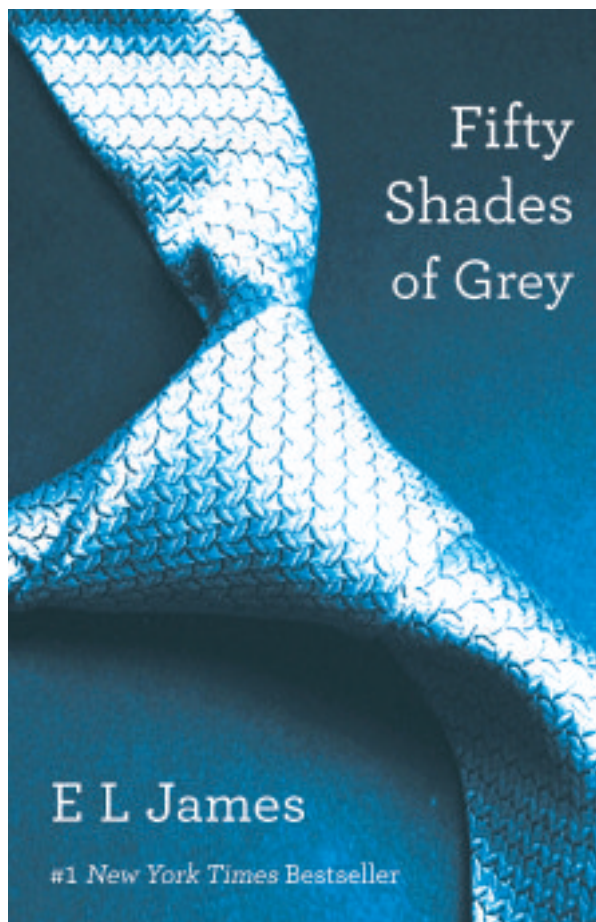
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## Exclusive interview

# E.L. James on 'Fifty Shades of Grey': 'It's all about fantasies'



► Writer Erika Leonard, better known as E.L. James, is a certified worldwide phenomenon ► Her erotic trilogy — 'Fifty Shades of Grey' is the title of the first book — has sparked conversations about sex not often had in public ► The author on success, her popular characters and talking BDSM to Hollywood producers

## Is the success of your books a big surprise?

Surprise? It's a shock! I was especially surprised by the speed with which it traveled the world. The contract for mass publication was signed with Random House on March 7, and the first book was already in the shops in the first week of April.

**"Fifty Shades" started out as an online publication. Now it has sold 15 million copies worldwide.**

The numbers are staggering. The rights have been sold to 41 countries, the film rights are sold. And all of that happened in only a short period of time. It keeps surprising me.

**Everybody talks about the women who are enjoying the books. Do you have any male readers?**

More and more men read my books. Sometimes they say things like: 'Thanks a lot for what your books have done to my wife. ... Wow!' A while ago, a 71-year-old man wrote me to thank me. My books made him remember what it feels like to fall in love. That was so cute.

**Aren't men embarrassed to admit they've read your books?**

They don't tell me they are. But I am embarrassed when men read it, because I didn't write the books for men.

**Why is it embarrassing?**

Because it's all about fantasies. When you go out with your friends and you discuss things

## Quoted

**"I don't like to talk about sex when there are men around. Imagine me in a group of Hollywood producers who talk about orgasms!"**

E.L. JAMES

like sex, I feel totally comfortable. But when you're with a group of men ... I don't like to talk about sex when there are men around. Imagine me with a group of Hollywood producers who talk about orgasms!

**Did you have to explain the female orgasm to them?**

No, that was not the case. I was embarrassed because of the words you use when you discuss these things. It felt uncomfortable.

**But you wrote those exact same words down in a book.**

I didn't write this book for men. Moreover, I wrote for myself. I had a great time writing it. One of the things I've learned is that I'm not the only person with these fantasies. That feels good.

**Did you have the fantasies because you were writing this story? Or did you start writing because you already had these fantasies?**

Good question. I think it was a combination of the two. We've all dreamed of a partner who is so terribly rich that he can buy anything you want. But the kinky sex stuff really was a fantasy. Although, after doing some research, it might not be just fantasies.

**Is it the kinky sex stuff that made the book so popular?**

Partially, I think. There is so much fiction out there with kinky sex in it. People like the sex, but they especially like the passionate love story. It was the love story that held it together for me.

**Did you put in all the sex in order to avoid the cliché love story?**

Not at all. I started writing with the idea: When you meet someone who is into BDSM [bondage, discipline, sadism and masochism] and you are not up for it, what will happen? I had read some things about BDSM and I thought: 'Ooh, this is hot!' Would I ever do such a thing? My fantasies ran wild.

**But your main character, Christian, likes BDSM for a reason.**

If he hadn't met Ana, he would have been fairly happy with his life as it was. But there was a huge gap; he's a lonely guy. Yes, there are specific reasons why he likes kinky sex because of issues from the past. Yet, there are more than enough people in the BDSM community who have had a fantastic childhood and still enjoy kinky sex. And



## Q&A

**What does your husband think of all the commotion?**

He loves it! He reads all the reviews and interviews, and when he reads something funny he will show me. He has been very supportive all along. And it has triggered him to write a novel himself. He writes for a living: [a] dra-

ma series for television. And I've been pushing him to write a book for 20 years already. But it took me to write one first.

**Did you ask him for advice?**

Certainly. He came up with some suggestions that I otherwise would never have used.

as long as it's safe and with common sense, I don't see a problem.

**Was it better for the story for Christian to have all those issues?**

Of course! He wouldn't have been interested in Ana for a start. I think his attitude toward women changes in the course of the novel. He needs her.

**He is really annoyed by her questioning though. Perhaps the readers are annoyed by it**



METRO WORLD NEWS



► Author E. L. James says the love story of "Fifty Shades of Grey" is what has made the series so popular. Well, that, and the kinky sex.

as well?

I wanted to get under his skin and I could do that by Ana's questioning. She pushes him to expose himself. And for him, it's interesting to be challenged in that way. It's new for him and scary. Everyone thinks Ana is weak, but she isn't. She is strong and he is fragile. Ana is sexually a virgin, while Christian is a virgin emotionally.

**All three books are true page-turners. Did you write like that on purpose?**

It's a coincidence. I started by writing a chapter with the most awful cliff-hanger. Online readers had to wait for another week for the next chapter. Many people responded to that. That was fantastic. I really liked being a terrible tease.

**Ana studied English literature. Was that for a reason?**

Yes, because I'm British! The story started out as "Twilight" fan fiction, so I write about American characters. I figured that, if Ana studied British liter-

ature, I had an excuse when a Britishism slipped through.

**So, what will be next?**

I would like to rewrite the first novel I ever wrote. It still needs a lot of work, and I'm looking forward to that. But it's impossible to find the time to write at this moment. Besides, I'm exhausted. I'm looking forward to my holidays.



METRO WORLD NEWS IN LONDON

# 'Fifty Shades' fallout

- You — and everyone else — read the book
- What are the lasting effects of the best-selling series?



► Women are taking charge of their sexual fantasies.

With its bedroom banter, bondage scenarios and detailed explanations of what goes where, "50 Shades of Grey" has gone from a cultural must-read to the book your mother-in-law brought on vacation. With the initial hype dying down, what will be the long-lasting impact?

Expect an era where women can be more open than ever about what they enjoy in the bedroom — often taking charge of the fantasies themselves — according to experts. Sarah Forbes, a curator with the Museum of Sex in New York, says that she has ob-

## Quoted

**"There is a lack of healthy direct discussion about sexual issues. Pop culture is not representative."**

**WENDY MALTZ, SEX THERAPIST AND AUTHOR OF "THE PORN TRAP"**

served more women writing erotic fan fiction online (which is how "Fifty Shades" began, as a "Twilight" spinoff). She chalked it up to women, more than men, needing to be stimu-

lated mentally as much as physically. Writing about sexual daydreams or drawing sensual fan art can be an erotic experience. The success of "Fifty Shades" legitimized the form.

"It can just be fun and playful," Forbes says of using erotica as a creative outlet. "It lets people create a relationship with these icons of our popular culture."

Sex therapist Wendy Maltz points out that society has been "very repressed and uncomfortable" about the topic of sexuality, so fan fiction is a way to lighten the mood. It can open up discussion about people's real-life likes and dislikes, but this is only the starting point.

"There is a lack of healthy direct discussion about sexual issues," Maltz says. "There is a difference between what are the real needs sexually for men in the general population and the more sensational extreme presentations that come out and are put into the mainstream pop culture and are not representative of real satisfaction to people in the long run."



METRO WORLD NEWS IN LONDON

## You now have

### 'permission'

**The experts we spoke to recommended defining yourself against these forms of media, rather than being defined by them.**

- Dr. Stephen Snyder, a sex specialist and sex therapist, has seen an increased openness among women to

explore their sexual sides.

"Fifty Shades of Grey" has given women "permission" to explore explicit sexual fantasies, he says. The book might even improve your relationship, with a catch: "We'd probably need the men to read it too," Snyder says. "There's much that men can learn from Christian Grey about what women need, such as [expressing] his desire for his partner in words."



► Armed with a filthy magazine, our reporter headed out in uptight London to see if ‘Grey’ fans saw any difference between hardcore erotica and hardcore porn



► Though they'll read "Fifty Shades of Grey" anywhere, fans appear less likely to read a porn magazine in public.

# ‘FIFTY SHADES OF GREY’ VS. THE REAL S&M

## First-person

Most mornings on the subway, you can peer over the shoulder of someone reading “Fifty Shades of Grey” and see the following two words: Butt. Plug.

Yes, a book this filthy is apparently an acceptable read, even during rush hour. Which led me to wonder, what if I flat out read porn? Down-and-dirty S&M porn, in a public place, during workday hours? What’s the difference? It’s illegal to do so in London, but I gave it a shot, approaching fans of “Fifty Shades” to ask them: Are you into this?

## Stop I: A public park

I head to London’s grassy Soho

Square, where Lily, 21, a PR assistant, sits on a bench reading “Fifty Shades.” “Everyone’s reading it, so I’ve no reason to be ashamed,” she says. Sensing my moment, I whip out the magazine Taboo, which promises (and delivers) “29 XXX beauties hurt and squirt.” On the cover is a handcuffed redhead with a ball gag.

Lily unabashedly flicks

**Quoted: Lily, a fan**

**“Women have a bit more control. And if you saw someone on the tube reading a magazine showing a girl with her vagina out, it would be a bit of an issue.”**

through it. “I don’t think women respond to reading erotic material in the same way that men do,” she says. “Men need porn to be visual. They need s— like this because they respond to the images more.”

“They want things quicker, and if something turns them on, it’s instant,” she says, pointing to her own groin. “Women have a bit more control. And if you saw someone on the tube reading a magazine showing a girl with her vagina out, it would be a bit of an issue.”

Let’s find out.

## Stop II: The subway

At the Kings Cross St. Pancras station, curiosity got the best of 23-year-old architect Sophie, who is already on page 100 of “Grey.” “I’d never read any erotica before but I started reading ‘Fifty Shades’ because I wanted to know what all the hype was

about,” she says. “I just didn’t expect it to be so ... sexy. I don’t think I’ve even gotten to the really raunchy bits yet, but so far the WHOLE thing has been about sex.”

When I whip out Taboo, she gets fidgety and flustered, checking behind her to see if anyone is watching us. “If I saw anyone reading a porn magazine on the tube, I’d be like, ‘OMG, why are you doing this in front of everyone!’” Her face scrunches up with offense, but the girl is curious, so I leave her to it as she flips through the entire magazine. She eventually admits there’s not much difference between it and “Fifty Shades.” “You’re still reading it or watching it because you want to. Just in a different way,” she says.

**ROMINA MCGUINNESS**

METRO WORLD NEWS IN LONDON

## Stop III: The sushi bar

Reading “Fifty Shades” on her lunch break, financial PR rep Louise, 29, doesn’t think the book is that extraordinary, calling it a trashy romance. “There are plenty of other novels out there that are just like it, but the whole ‘mommy porn’ connotation has made it a lot more acceptable and approachable,” says Louise.

Acceptable, and yet ... she’s reading “Fifty Shades” on her Kindle rather than in paperback.

“I can’t help but feel a little bit awkward and self-conscious when I’m reading it,” she admits. “It feels safer this way.” I show her Taboo.

She takes a step back, flips through it, and stops on a close-up of what appears to be a clitoris ring. “A couple of straps and handcuffs — fine. But if someone read this sort of porn in public,” she says, “I’d find it very shocking.”

I leave her and she picks up her Kindle, back to a safer world where butt plugs are mentioned but not seen.

## Celebrities

### + S&M

There have been and always will be rumors about the secret sexual proclivities of celebrities — sorry, Richard Gere (or sorry, gerbil) — but some A-listers have been more candid than others when it comes to actually fessing up. With “Fifty Shades of Grey” piquing the interest of readers worldwide in the kinkier side of life, we take a look at some of Hollywood’s biggest names who aren’t afraid to admit to a little adventurousness.



► Jolie

**1 Angelina Jolie** “I had started having sex, and that sex didn’t feel like enough,” she once said, recounting an experience with a high school boyfriend. “In kind of a moment of wanting to find something honest, I grabbed a knife and I cut him and he cut me back.”

**2 Rihanna** The hit singer put out an album called “S&M,” so it was only natural the subject would come up at some point. “I think I’m a bit masochistic,” she said in an interview with Rolling Stone. “I love to be tied up and spanked. I like to be whipped. But I prefer to be spontaneous. Using whips and chains is too planned — you have to stop and look for the whip. I prefer them to use their hands.”

**3 Nicole Kidman** She told GQ that she and Keith Urban have investigated their relationship from multiple angles: “I’ve explored strange sexual fetish stuff,” Kidman told the magazine.

**4 Eva Longoria** Former “Desperate Housewives” star Longoria certainly knew how to keep herself satisfied when she was married to Tony Parker. “I’m not averse to being tied up with silk scarves,” she told Cosmopolitan.

● NED EHRBAR/MWN



# The porn problem: Too much of a good thing may be bad for you

► Hey, stud — those videos may be ruining your sex life ► Signs that explicit material may be damaging

While you're reading "Fifty Shades of Grey," your husband might be watching casting couch videos online. Should you be worried? Should he?

Because the Internet makes porn so prevalent, more people are being diagnosed with sexual disorders related to explicit materials, according to sex therapist Wendy Maltz. Maltz co-wrote a book with her husband called "The Porn

Trap," directly addressing the issues that arise when too much smut is in the home.

"It's so easy to get porn," Maltz explains. "All the old barriers have been brought down ... and people are developing a sexual relationship with it."

For some, having an intimate relationship with porn can lead to problems when it comes to sexual performance, including how they function in the bedroom or difficulties when it comes to ejaculating. It can also create confusion in relationships. People may come to expect behavior they see in sexually explicit films as regular activities, when in fact it's far from the norm. There's also the argument that it can encourage bad behavior, including degradation of women or the abuse of children.

That doesn't mean that every person watching porn is destined to be a sexual deviant. Maltz acknowledges

**"All the old barriers have been brought down. [Porn is] easy to get, and people are developing a sexual relationship with it."** WENDY MALTZ

that most people will be able to view adult material without any repercussions. She points out that it can be an educational tool to help bring couples together, especially when it teaches how to give a sensual massage or how to try a new technique. Still, there's always the danger that too much porn can be harmful.

"It has that potential for a certain percentage of the population to create some very serious problems," she says.

**MICHELLE CASTILLO**

METRO WORLD NEWS IN LONDON



► It's OK to look — just not to the point of developing a sexual relationship with porn.

## Timeline: More scandalous than 'Fifty Shades'

### 12 to 41 AD

Roman emperor Caligula hosted orgies where he was known to have sex with his sisters as well as pimp them out to some of his guests.

### 15th century

The Asian upper-class made condoms out of oiled silk paper or lamb intestines in China and tortoise shell or animal horn in Japan. Both forms of contraception only covered the tip of the penis.

### Mid-1600s to mid-1700s

Sultan Moulay Ismail Ibn Sharif holds the world record



**Caligula:**  
12 to 41 AD



**Good vibrations:** 1869



**First known case of AIDS:**  
1959



**The intern:**  
1995



**Cowa-Bunga!:**  
2010



**Maid, not to order:** 2011

for fathering anywhere from 867 (confirmed) to 1,042 (rumored) children with his 500 wives. Some historians estimate he would have had to have sex with 4.8 women once a day for 40 years to have that many offspring.

### 1729 to 1796

Catherine the Great had her own torrid love affairs with men normally half her age.

She rewarded her lovers by appointing them to royal positions.

### 1869

One of the first vibrators, a steam-powered device called the "Manipulator," was invented by Dr. George Taylor to give doctors a hand in their pelvic massage treatment. It was used to cure certain illnesses, including female

hysteria.

### 1942

Dr. Carl Clauberg began his horrifying Nazi experiments at the Auschwitz concentration camp in which he attempted to sterilize women. Looking for a low-cost method, he decided injecting acid into their uteruses—without using anesthesia—was the best option.

### 1959

The first-known case of AIDS was documented in the Congo. It's assumed the virus evolved from a weaker simian immunodeficiency virus found in monkeys.

### Late 1980s to early 1990s

Porn became available online through anonymous FTP servers.

### 1995 to 1997

Monica Lewinsky.

### 2010

Silvio Berlusconi hosted "Bunga Bunga" parties.

### 2011

Dominique Strauss-Kahn revealed that he frequented sex clubs like Paris' "Les Chandelles" and liked rough sex, but whether or not he knew they were prostitutes depends on who you believe.



# Mistress Chocolate: An interview with a New York dominatrix

This year's hot erotic novel "Fifty Shades of Grey" put a spotlight on dominant-submissive sexual relationships, and real-life dominatrices have been reaping the benefits of the book's popularity.

We caught up with local dominatrix Mistress Chocolate in between her "training" sessions. At size 18, she prides herself as "New York's premier black Amazon goddess." She told Metro her particular size and shape have set her popularity on fire and helped to earn her a hefty income by calling the shots with men, women and couples looking to be dominated.

The 47-year-old wasn't always in this line of work — she used to work in IT before losing her job during the recession. She is currently studying bio medicine at a prominent local university, but she has no plans

to hang up the paddle anytime soon.

**Have you noticed an increase in business since the release of "Fifty Shades of Grey"?**

I feel that "Fifty Shades of Grey" helped me immensely. When people ask me if I read "Fifty Shades," I'm like, "I am Fifty Shades."

**How would you describe your job?**

Domination from a woman's perspective is exploring eroticism or alternative lifestyles of what the other individual wants, without judgement. I do bondage, I do golden or brown showers, I do sissy training. It's part of the humiliation — I'm forcing you to wear those panties, so if you didn't like them before, get used to it.

**What kind of personality does it take to be a dominatrix?**

You have to be non-judgmental; you can't be hurting the per-

## Steamy Q&A

**What's the earning potential for someone in your line of work?**

I set up a business, I take credit cards. I had a bigger influx at the time I started than I do now. I can make \$6,000 in a month with live sessions, out calls, webcams and phone sessions. If I just did domination with live clients, it would be \$2,000. I charge \$200 to \$300 per hour.

son. Be sure of who you are because [clients] will try to top you. They will challenge your authority. You have to figure out whether they are trying to do it to get reprimanded or trying to take control slowly. If you are a dominatrix, you are on top. If I have to keep talking

to you, then I am stopping. I'm not a mamma.

**How did you become a dominatrix?**

I started domination as a student at Fordham in 1999. I was in the legal industry as secretary for 20 years, then I did conversions on software applications, then I started doing IT help-desk work. I lost my job in 2008. I went back to school for nursing and it was an income issue for me.

My ex-husband told me about it. He came to me and said, "What do you think about beating someone while you are having sex?" At first I thought he was crazy, but then I started doing research. He bought me my first outfit. He did my Web page, he did my pictures. He was sick of me yelling and told me to go yell at someone else.

**CASSANDRA GARRISON**  
cassandra.garrison@metro.us

MISTRESSCHOCOLATE.NET



## Q&A

**Any weird stuff happen on the job?**

I had once a guy from the Clinton administration. You don't know what you're gonna run into.

Some ask me if they can wear blankets. How am I going to beat you and spank you if you're covered up? You are here to do what I want. We have pre-negotiation meetings, screenings. We talk about medical issues, circulation, whether they can get marked. And I use a safe word.

► Mistress Chocolate said she can rake in up to \$6,000 a month.

## Sex toys: Harmless fun or serious health hazard?

Buyer beware: Your favorite sex toys may be seriously harming your health. Or, they could just be really gross — in a bacteria-collecting sense.

Many of the most popular sex toys on the market, such as the "Jack Rabbit" made famous by "Sex & the City," contain toxic chemicals, according to experts in the sex-toy industry.

An independent lab analysis commissioned by Smitten Kitten, an online sex-toy store, and the Coalition Against Toxic Toys (CATT) in 2006 found PVC, polystyrene, and potentially toxic phthalates in at least five high-selling erotic gadgets.

Clare Jacky, general manager at Smitten Kitten, explains that phthalates are a form of chemical plasticizer used to



► The phthalates in these sex toys caused them to melt after just a few days, according to Clare Jacky of Smitten Kitten.

make hard PVC soft. They also may potentially cause birth defects, and have been linked to some forms of cancer.

"Not good stuff," said Jacky. "The phthalates will leech out of the toys, and most toys made from those materials will degrade over time. The color will change, and the toy will get sticky and give off an odor."

Some sex toys studied had as much as 60 percent phthalates in them. The amount of phthalates that become worrisome in children's toys is less than 1 percent, according to Jacky.

"When you're putting these things inside your body, where there are mucus membranes, you want them to be healthy," says Rachel Venning, a co-

## What to look out for in sex fun: The good and the bad

Rachel Venning, co-founder of Toys in Babeland, recommends silicone as the best material for sex toys.

"It's safe, clean, easy to wash and take care of, firm but pliable, and it's got a nice texture to it. A lot of the best quality toys are made from silicone," she explained.

Venning says cheaper rubber toys have tiny pores where bacteria can collect, and are difficult to clean. She advises to look for toys that are non-porous and easily cleaned with

soap and water.

**AVOID sex toys made out of these products:**

- Phthalates, a "plasticizer" softener used in PVC
- Polystyrene
- "Jelly-like" materials
- Porous materials

**ENJOY sex toys made from these materials:**

- Medical- or food-grade, non-porous materials, ideally hypoallergenic
- Hard plastic
- High-quality silicone
- Glass
- Ceramic
- Medical-grade plastics

founder of New York City's Babeland sex-toy franchise. "This is supposed to be a part of life that's fun and pleasurable and good."

Venning says all the products sold at Babeland are 100 percent phthalate-free. But if you're shopping elsewhere,

she and the people behind CATT recommend a "sniff test."

Toxic toys will often emit "a powerful gust of plastic off-gassing" that smells like a new shower curtain, according to Venning.

● DANIELLE TCHOLAKIAN



# THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) [dorothy.robinson@metro.us](mailto:dorothy.robinson@metro.us)

## The song remains the same for Zep reunion: Vague



Don't ask **Led Zeppelin** if they're getting the band back together.

Numerous reporters tried yesterday at a press conference promoting the release of their concert film, "Celebration Day," but the British rock gods dodged and weaved. "We've been thinking about all sorts of things. But we can't remember what we were thinking about," quipped lead singer **Robert Plant**. Guitarist **Jimmy Page**, bassist **John Paul Jones** and **Jason Bonham** — the son of the band's late drummer John Bonham, who played drums on the band's one-off 2007 tribute concert for friend and Atlantic Records founder **Ahmet Ertegun** — were all mute on the subject (actually, the younger Bonham never commented one way or another on the topic; he just seemed stoked to be there).

"At this time five years ago, we were rehearsing to get to the O2. If you think about the time it gets something like that to get together, it seems unlikely," said Page. He continued: "We were so happy we were getting it right and taking it beyond what we thought we were about that night. To do that four nights a week is a different thing entirely."



But they never said never.

So there is still hope for all you Zep fans out there (you can thank me later, **Paul Ryan**). And if you do either catch them live or see the film, keep an eye open for the band's facial expressions.

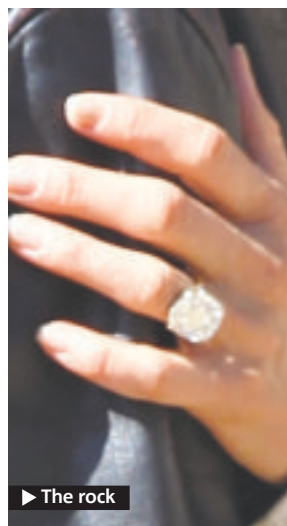
"We used to call ourselves 'The Band of Nods' because if you missed a cue you would nod — that had nothing to do with opiates," said Plant. "And now, we've turned into 'The Band of Middle-Aged Grins.'"

### Celebrate

### 'Celebration Day'

"Celebration Day" will be released worldwide on **Oct. 17**. Tickets for the public screenings are available now via [Ledzeppelin.com](http://Ledzeppelin.com).

### Talking points



► The rock

### Aniston's huge rock

**Jennifer Aniston** is set to marry fiancé **Justin Theroux** — and she's got the massive engagement ring to prove it. During a recent afternoon out with Theroux in Santa Fe, N.M. — where Aniston is filming "We're the Millers" — the actress showed off a giant gem on her ring finger, according to *Us Weekly*. But while the ring may be plenty flashy, don't expect the wedding itself to be, as sources say Aniston is planning a "destination wedding ... kind of like eloping with a few friends. There will be the feeling of a vacation, since that's their favorite thing to do."

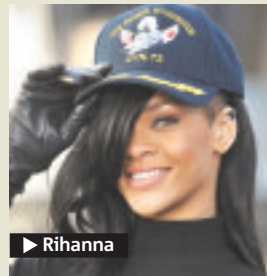
### Ritchie is getting married

**Guy Ritchie** has proposed to his longtime girlfriend, **Jacqui**

**Ainsley**, according to *Us Weekly*. The "Sherlock Holmes" director and the model have been together since April 2010, and Ainsley is currently pregnant with their second child. The couple welcomed a son, **Rafael**, a year ago.

### Gaga gags onstage

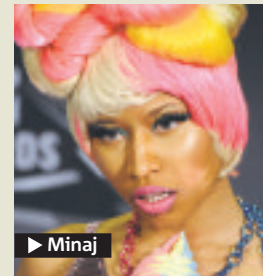
**Justin Bieber** isn't the only pop star with a weak stomach, apparently, as **Lady Gaga** found herself vomiting three times onstage while performing "Edge of Glory" during a tour stop in Barcelona recently. Gaga pressed on with the show after the episode and later made light of it, posting a link to a fan's YouTube video of the mishap and tweeting, "Was praying nobody saw but actually it's quite a good laugh if you need one!"



► Rihanna

### Rihanna, Nicki Minaj lead AMA nominations

**Rihanna** and **Nicki Minaj** were nominated for four American Music Awards each yesterday. **Rihanna** will compete with **Justin Bieber**, **Katy Perry**, **Maroon 5** and **Drake** for artist of the year.



► Minaj

Rhi was also nominated for female soul/R&B artist and album for "Talk That Talk," and will take on Minaj in the female pop/rock artist category. Meanwhile, Minaj was also nominated for best album for "Pink Friday: Roman Reloaded" in both the pop/rock and rap/hip-hop categories this year, as well as gaining a nomination for favorite rap artist, per Reuters.

# 2



### The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Taylor Swift experiences the world in a very specific way, Jonathan Ross is taking it easy, Justin Bieber cares and Joan Rivers obviously hasn't heard of Amanda Bynes.

### @taylorswift13

I feel like I'd be more understood if people knew 'I Don't Want to Miss a Thing' by Aerosmith is how most of my emotions sound in my head.

### @wossy

Good morning! I am not feeling well. But I can stay indoors all day and drink tea. So there's the silver lining right there.

### @justinbieber

i care

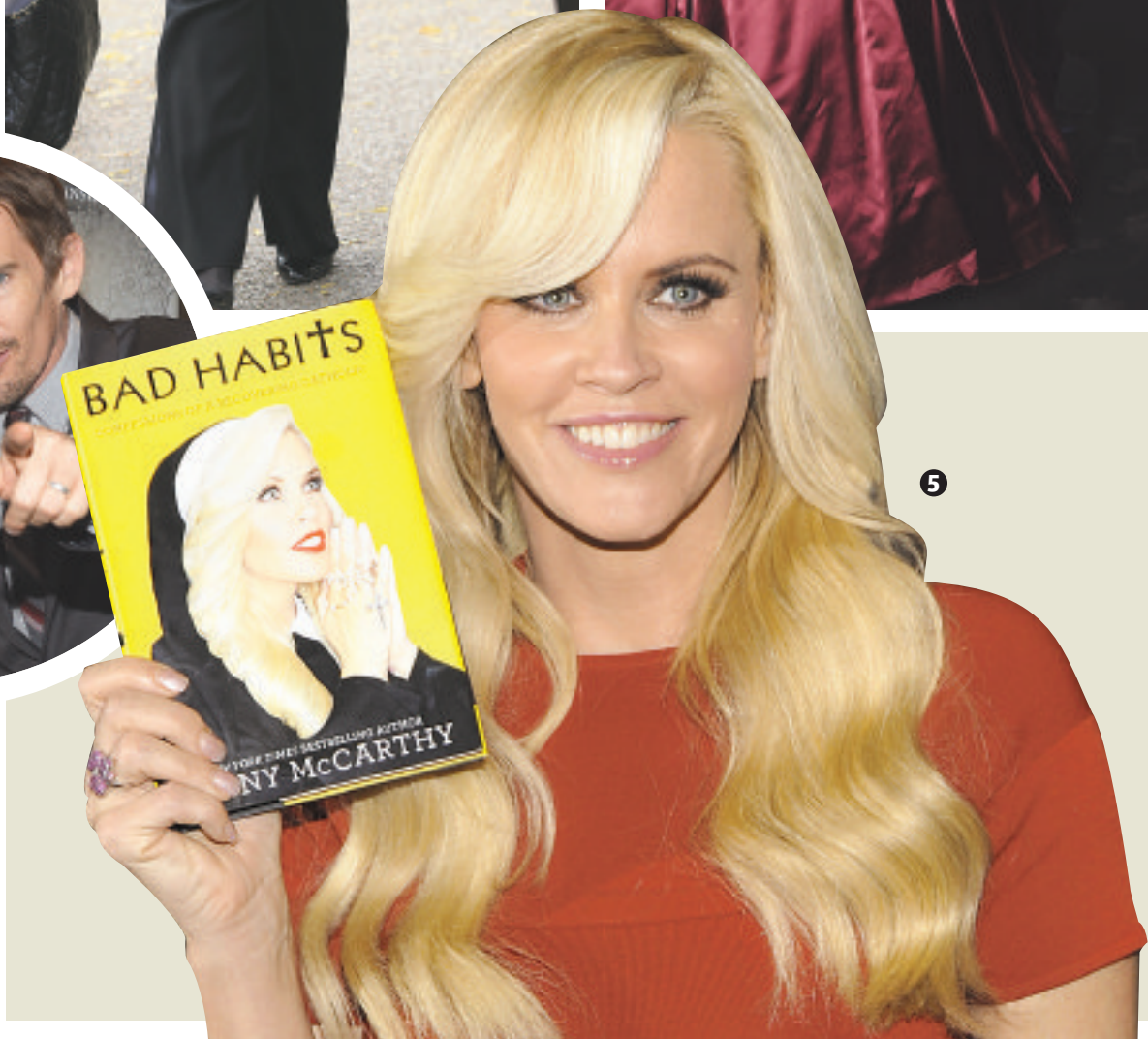
### @Joan\_Rivers

The good news is that self-driving cars are now legal in California. The bad news is that so are the ones driven by Lindsay Lohan.



Taylor Swift





## All-star booty shots, B-team books

**1** Christina Aguilera obliged with a booty shot at the American Music Awards nominations press conference yesterday.

**2** Joan Rivers sassed London yesterday.

**3** That's a lot of dress for a little person. Keira Knightley posed with the gown she wore in "Anna Karenina," which is now on display at London's V&A Museum.

**4** Ethan Hawke and wife Ryan were cute and close on the red carpet for his latest, "Sinister,"

Monday night in New York.

**5** Who keeps buying Jenny McCarthy's books? (No, really, people: We want names.) The actress signed copies of her latest, "Bad Habits: Confessions Of A Recovering Catholic," in L.A. on Monday.

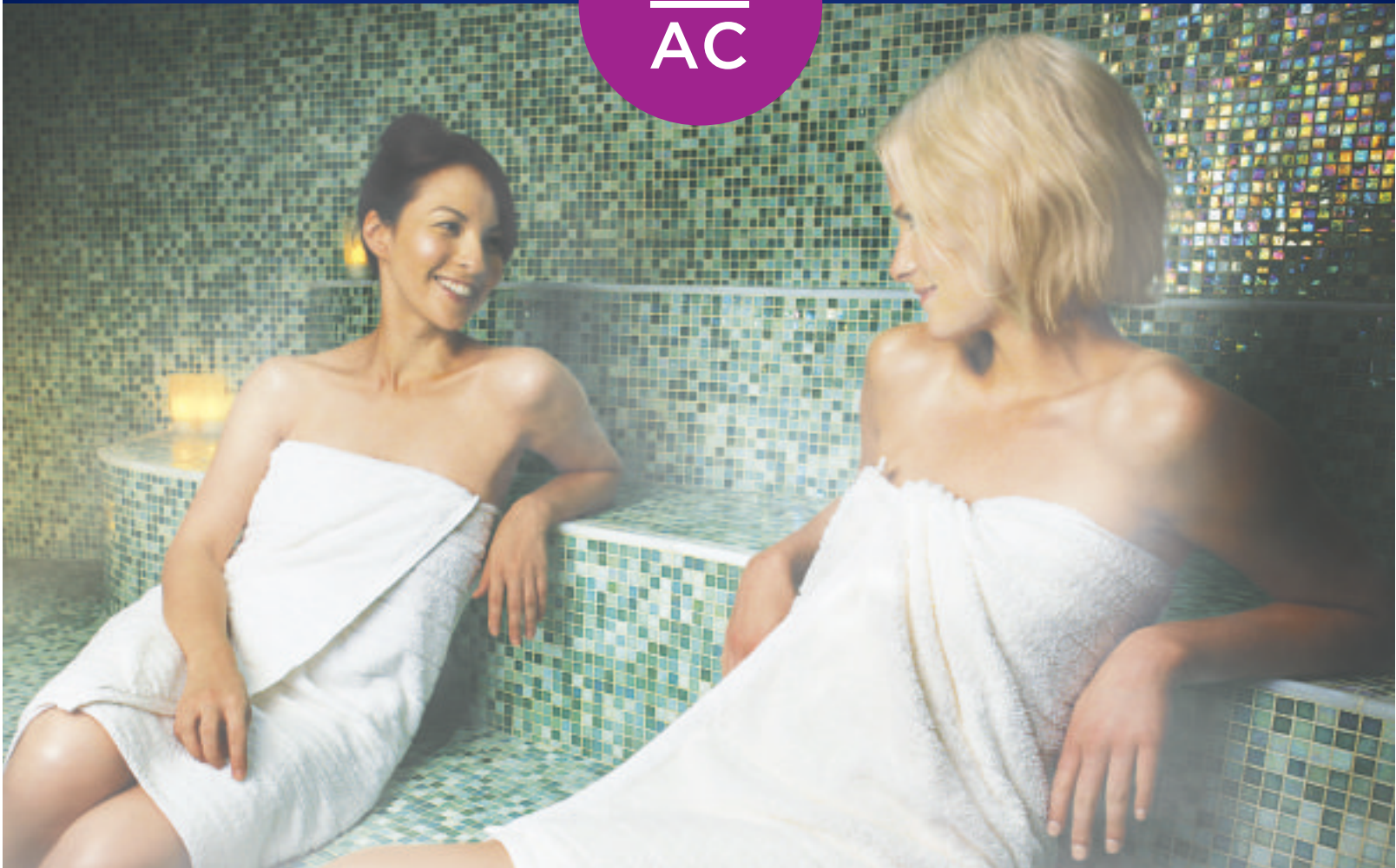
1. KEVIN WINTER/GETTY IMAGES  
2. NEIL MCKFORD/FILMMAGIC  
3. DAVE J HOGAN/GETTY IMAGES  
4. JOHN M. HELLER/GETTY IMAGES  
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► Oh, ain't she sweet.

GETTY IMAGES

# Jennifer Garner gets mean

► The notoriously nice actress takes on a much icier role in 'Butter,' drawing comparisons to some infamous female politicians in the process

In "Butter," Jennifer Garner sheds her easygoing, good-girl image to play an uptight, unhinged, power-mad woman going up against an adorable orphan (Yara Shahidi) to keep her husband's Iowa State Fair butter-carving championship title in the family. It was a role she chose for herself, serving as producer on the project before joining the cast, but that kind of inside track doesn't mean she made the job any easier for herself.

**As an actress, this is a great role for you. A safer choice would've been Alicia Silverstone's part as the warmhearted foster mother.** Why would I do that? I've played that role.

**So it didn't take much to convince the producer to cast you?**

Yes, I cast myself. [Laughs] But I did prepare more for this role

## Q&A

**Although the story is loosely modeled on Barack Obama and Hillary Clinton's 2008 primary race, you're getting comparisons to Michele Bachmann and Sarah Palin. How do you deal with that?**

It's kind of more fun because we weren't going for those women. ... We did this long enough ago that I wasn't trying to be Michele Bachmann. I didn't know who she was. I wasn't after Sarah Palin. But that's so much a part of what's out there that I played it close enough to what you would think of them that you can't help but draw that comparison. That's what's fun to me, the serendipity of it. We don't think of this movie as a political movie first, by any stretch.

## Quoted

**"We don't think of this movie as a political movie first, by any stretch."**

GARNER

than I've prepared for something in a long, long time. I always work hard, but this I kind of went a little nuts for a few months because I knew what a responsibility it was.

**What kind of preparation are we talking about?**

Working with the dialect coach a lot, listening to people from Iowa a ton on my iPad, going through the script word by word and watching a lot of different things — everything from Blanche DuBois to former beauty queens to first ladies of all the Midwestern states giving speeches from the '50s to now to Muhammad Ali giving press conferences

back when he was floating like a butterfly and stinging like a bee.

**How did you shield your young co-star from the more mature dialogue in the film?**

Well, there was no shielding her. She was right there, so we would just talk very frankly. But I would talk to her mom: "Have you spoken to her about all of this? How does she feel about it?" Her mom would say, "Oh, she's going to cover her ears. She doesn't really get it, she doesn't care."



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# Rebel Wilson will be making it up as she goes along

► Australian 'Pitch Perfect' star on American accents, mermaid moves and unintended costs of improvisation

Rebel Wilson has fast been establishing herself as a bold comedic talent with a blisteringly fast mind for improvisation — but sometimes coming up with brilliant bits on the spot can have costly consequences. At least, that's what she found out on her latest film, "Pitch Perfect." Wilson stars as the self-branded Fat Amy, part of a scrappy all-girl a cappella group at a fictional southern college. During an early scene in which she's showing off her "skills," Fat Amy engages in what she de-

scribes as Mermaid Dancing. The only problem was that the production team was not quite ready for the move.

"You know, that cost them a lot of money because they didn't know, obviously, I was going to go on the ground and start dancing," she explains. "You know when you're filming and you have the tape marks [on the ground], they're usually like fluorescent tape? They were all over the concrete. And [director] Jason [Moore] wanted to use it in the movie, but they had to digital

effect the tape out of the shot to be able to use it. I think it cost them like thousands and thousands of dollars just to use that joke."

While Wilson is glad the bit made it into the movie, she doesn't particularly think the move itself will catch on with audiences. "I mean, the problem is like club floors, they're very disgusting," she says. "So imagine if it started becoming a club craze where people were doing Mermaid Dancing on the ground. It'd be really gross like, ugh, this slime all over."



► Wilson sings, post-Mermaid Dance.

## Quoted

**"My style is to see what's she's got on the page and take that as a starting point and then just go, 'La la la la' for as long as Jason [Moore] will let me."**

WILSON, ON IMPROVISING DURING THE FILMING OF 'PITCH PERFECT'

As for incorporating improvisation into her work in "Pitch Perfect," the Australian scene-stealer had a pretty simple approach, she says: "My style is to see what she's got on the page and take that as a starting point and then just go, 'La la la la' for as long as Jason will let me."

As it turns out, Wilson had no trouble surprising Moore — at least if early rehearsals were any indication. Wilson had originally intended to play Fat Amy as an American, and had even auditioned with an American accent. But with the gruel-

ing four-week rehearsal schedule, she found it too much to take.

"It was too exhausting so I started talking like [myself] and Jason Moore heard me," she remembers. "I didn't even know whether he knew I was Australian at first, and then he heard me talking like this and he's like, 'You've got to use that voice in the movie! You've got to!'"



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METRO WORLD NEWS IN LOS ANGELES

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Kathie-Ann Joseph, MD  
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# A straight shooter

It took a lot of physical and mental preparation to get into the role of a DC Comics hero 'Arrow' star Stephen Amell breaks down the process, from playing 'multiple' parts to bow training

## The story

After a tragic shipwreck, billionaire Oliver Queen (Stephen Amell) was considered dead. He washed up on a remote island and spent five years honing his survival skills — including his prowess with a bow and arrow — before being rescued. Back home in Starling City, he quickly realizes the mistakes of his past — and the wrongs of his family. Feigning his former playboy persona during the day, he secretly takes on the persona of the vigilante Arrow at night to make amends and bring justice to his hometown.

## The mindset

Oliver is a pretty complicated guy. "When I looked at the pilot, I saw four different roles," Amell says. "Normally they break down sort of day-by-day when we're shooting

the episodes — I will have a day where it's fake Oliver in the real world right now, and then there will be an island day [flashback], and there's an Arrow day, and [reconnecting with ex-girlfriend] Laurel days. And it's a really fun exercise. It keeps me on my toes."

## The training

To nail the physicality of playing the modern update on DC Comics avenger Green Arrow, Amell's training included parkour. "That was when the training became intensive, because it was all of these muscles that I didn't even

know existed, let alone had used before," Amell says. "My coach, Paul Darnell, was actually the double for Henry Cavill in 'Superman,' and he just had me doing things that I had never even considered immediately. To get [the intense action scenes] into the pilot right away was really cool."



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## Quoted

**"Oliver is coming back from this island, and he clearly has post-traumatic stress disorder. All the talk of supervillains and potential nemeses for the Arrow, I think that the most the most imminent danger to Oliver right now is himself."** STEPHEN AMELL

Stephen Amell stars as Oliver Queen/Arrow. "Arrow" premieres tonight at 8 on The CW.

## The weapon

Prior to taking the role of Arrow, Amell had never picked up a bow and arrow. "I have a wonderful coach, Patricia Gonsalves, and she started my training by showing me a 45-minute video of all the ways that archery has been done badly on television and in film," Amell says. "The first thing was getting the form. And I really like archery. I mean, I enjoy practicing it when I have time off. It's an interesting sport."



AMBER RAY  
amber.ray@metro.us

JACK ROWAND/THE CW

## TV watch list

## 'The Middle'

COMEDY. Dave Foley guest stars as Brick's school therapist. 8 p.m., ABC

## 'Chicago Fire'

DRAMA. From "Law & Order" creator Dick Wolf comes this drama about firefighters and paramedics who battle infernos when they're not fighting each other. Also, they

mostly choose to not wear shirts, which brings an entirely different definition of hot to this series. Series premiere, 10 p.m., NBC

## 'Nashville'

DRAMA. You don't have to be a country music fan to appreciate the Music City soap opera "Nashville," fall's best new drama. Connie Britton and Hayden Panettiere headline as singing superstars, established and up-and-coming, with a budding rivalry more than hinted at in the pilot. Series premiere, 10 p.m., ABC ● AMBER RAY



► Hayden Panettiere, left, and Connie Britton star in "Nashville."

ABC/ANDREW MACPHERSON

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## mytechnology

# Sixth time is a charm

► 'Resident Evil' has yet another go-round and it's not totally disappointing ► Pokemon still rules

Video games and sequels go together like peanut butter and jelly or, um, candy corn and Oreos. Still, it takes a special franchise to weather the years and the ever-changing tastes of gamers. Two series just reached this wondrous milestone. In lieu of an anniversary party, read these reviews.

## 'Resident Evil 6'

**Console:** 360/PS3  
**Company:** Capcom  
**Grade:** 000000

"Resident Evil" invented the idea that you could be scared by playing a video game. Since the original launched in 1996,

## Sidescroller



**LAWRENCE BONK**

LAWRENCE.BONK@METRO.US

this constantly evolving zombie thriller has terrified legions of gamers. In recent iterations, however, the scare factor has dropped in favor of gun-toting action. "Resident Evil 6" continues this tradition. To be sure, the days of slowly creeping toward the next thrill are gone.

This game is polished and a pretty good game — but at the



► Like killing zombies? Then "Resident Evil 6" is the game for you.



end of the day, doesn't feel like survival horror. There are still a ton of zombies though. At least there's that.

## 'Pokemon Black 2' / 'Pokemon White 2'

**Console:** DS/3DS  
**Company:** Nintendo  
**Grade:** 000000

Technically, there has been a

boatload of games that task you to catch 'em all. These two, however, are generally considered to be the "sixth generation" of Pokemon. They feature new characters, some new locations and, most importantly, new Pokemon to capture and force to fight to the death. Ah, the magic of childhood.

There's a reason these

games still sell like gang-busters. They are fantastic titles with an astounding amount of content. The general formula hasn't changed since the late-'90s but the gameplay still is addictive as all get-out. There's a huge world to explore and hundreds of critters to ensnare.

*Metro does not endorse the opinions of the author, or any opinions expressed on its pages.*

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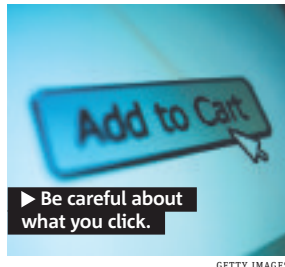


# How to stay safe on e-commerce sites

As more consumers move on-line to do their shopping, the e-commerce industry continues to boom. U.S. consumers spend around \$1,200-\$1,300 per year, and that number is expected to almost double by 2016. That increase provides even more opportunity for hackers. The data breach investigations report estimated 174 million compromised records, 81 percent of which utilized some form of hacking.

Security measures should be the most important factor stressed in e-commerce. The brand is held responsible for securing the customer's information. If that privacy is breached, the customer suffers consequences.

Once a customer's information is stolen, the consumer must quickly report and cancel all accounts. Generally, the bank or company reimburses any compromised activity —



## Quoted

**"The consumer has the risk of losing money by theft of service but often is reimbursed by the bank if the card has been compromised in some way."**

SCOT TERBAN

this puts the consumer at a major inconvenience, but holds the seller financially accountable.

Scot Terban has been a security consultant since 1996; he's worked for IBM's global security services group since 2000.

According to Terban, both the consumer and the brand are at risk, though there are more concerning calculations for the latter.

"If a [company selling a service] is the source of the compromise — and it can be shown now that they have not made the proper strides to protect their clients' data — then they may end up footing the bill in some cases as well as garner large bad press on the incident and their services," says Terban.

CHRISTINE ERICKSON FOR  
**Mashable**  
The Social Media Guide

## Protect yourself

In the event that your data has been hacked from an e-commerce database — depending on what data has been given to the site — Terban suggests that you do the following:

- 1 If you have a credit card number saved in your profile, you should alert the bank and have a new credit card sent to you after canceling the compromised one.
- 2 If your e-mail address is a primary one that you use for everything, be aware that it may now be fodder for "phishing" attacks on you for more information.
- 3 If the website collects personal data, such as date of birth or (and this should not happen) your social security number, then you should obtain some identity-theft protection that the company that lost your data should pay for.

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# WHY USE A SERUM?

► We find out if the beauty product is worth adding an extra step to your morning primping routine



► Serums make your moisturizer work even better.

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At the recent launch of La Prairie's Cellular Power Serum, the latest in their acclaimed age-fighting Cellular Power collection, we asked Amanda Macino, national director of training for the luxury brand, what exactly is the point of serums?

"Serums are the most powerful part of your skin-care routine," says Macino. "A serum has small molecules that absorb into skin and reach the areas where creams can't reach. They'll make the products you apply after, like your face cream, work better and last longer," she says. "Think of your face cream like your gym membership and your serum like your trainer. You will see results with both, but with a trainer you'll get targeted results, you'll see faster results and it will make your overall gym membership more effective."

## Splurge

**La Prairie Cellular Power Serum, \$475**  
[www.shoplaprairie.com](http://www.shoplaprairie.com)

As we get older and our skin loses energy, this super-serum helps to reboot skin cells and stimulate our skin's own natural antioxidants, "which are stronger than any other antioxidants that you can get

from an outside source," explains Macino. Those natural antioxidants then protect skin against future signs of aging caused by environment factors.



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**Neutrogena Ageless Intensives Anti-Wrinkle Deep Wrinkle Serum**  
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[www.neutrogena.com](http://www.neutrogena.com)

This drugstore brand packs a powerful punch and can hold its own against more expensive counterparts. The multi-vitamin serum boosts skin with a high dose of antioxidants to help fight skin-damaging free radicals and reduce wrinkles.

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# Lift weights, lose weight

**W**ant to drop some pounds? Cardio helps, but it's not everything, says Kurt Hester, a professional athletic performance coach who's trained Tim Tebow, Reggie Bush and Michael Oher of "The Blind Side." We asked him to explain the theory and show us some moves.

If you have a set of dumbbells, grab it — but if not, Hester developed this workout utilizing 10-pound water jugs — which will only set you back 79 cents per bottle.

**MEREDITH ENGEL**  
meredith.engel@metro.us

## Why do we need to strength train as part of our workouts? Why aren't cardio and stretching enough?

Strength training is far more efficient in lowering the amount of fat than cardio or flexibility training. If a well-designed strength-training program is implemented you will increase your bone density (fight osteoporosis), decrease your resting heart rate (strengthen your heart), increase your muscle mass (become more efficient burning calories), increase your flexibility (correct muscle imbalances) and decrease your body fat percentage.

## How does lifting weights help people lose weight?

Let's dispel a major wives' tale first: Women do not emit enough testosterone to build

huge quantities of muscle mass. It doesn't matter what your genetic lineage, it is how heavy you lift. If females are aggressive and lift hard (70-80 percentage max for 5-8 reps) they will elevate their growth hormone, which helps burn fat at a higher rate. The more muscle you put on, the more efficient you become at burning calories — therefore losing more body fat.

## The moves

"Swings, reverse lunge and wood choppers will hit every muscle in the body, strengthening the upper body, lower body and core," Hester says.

### ► Jug swings

Stand with your feet four to six inches outside shoulder width.

## Wood choppers

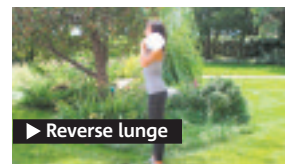
With your feet slightly outside shoulder width, bend at the hips and knees with the jug outside of your left knee. Keep your shoulders square and head level. Swing the jug up over your right shoulder, extending at the hips and rising up on your toes.



Bend at the hips into a squatting position with your back flat, shoulder blades retracted and head neutral, holding the jug between your legs. Keeping your arms locked at the elbows, swing the jug up to shoulder height and then drive the jug down between your legs while bending into the squatting position. Repeat.

### ► Reverse lunge

Start by standing with your



feet slightly outside shoulder width and holding the jugs resting on your shoulders with your elbows up. Keeping your back flat, step back with your left foot as far back as you can, dropping into a deep lunge. Then, putting force into the right leg, push down and come back to standing. Keep your back flat and chest up during every rep and do not bend at the waist. Repeat all the reps on the left leg then switch sides.



Hester contributes fitness articles on behalf of Ab Cuts, a supplement that boasts conjugated linoleic acid, which may promote weight loss.

"Keeping a high-protein diet as well as supplementing a CLA product like Ab Cuts will help you add muscle and burn fat during your strength-training sessions," he says.



► Jug swings



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# Your mother was wrong: Health myths debunked

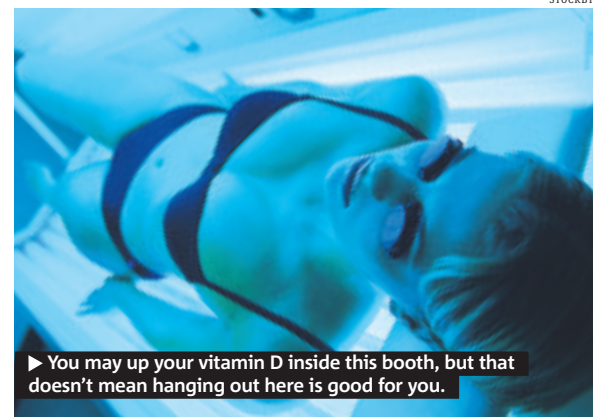
It's not like we'd argue with our grandmas or moms — but, really, does going outside with wet hair give you a cold? Josh Kosowsky, M.D., who works at Boston's Brigham and Women's Hospital and co-authored "When Doctors Don't Listen" ([www.whendoctors-dontlisten.com](http://www.whendoctors-dontlisten.com)), did some research and came up with answers for us.

► **Going outside with a wet head gives you a cold:**

"I want to believe this because experientially it feels like it's true. But it turns out it's not. Short periods of being outside with wet hair or scalp won't give you a cold."

► **Indoor tanning boosts your vitamin D:**

"Exposure to sunlight does promote vitamin D, but is ultraviolet light in a tanning bed the



► You may up your vitamin D inside this booth, but that doesn't mean hanging out here is good for you.

same thing? The risk of skin cancer from using them makes it a bad idea."

► **Eating carrots improves your vision and turns your skin orange:**

"Both of these are true. That

doesn't mean eating a bushel of carrots every day gives you X-ray vision and you'd need to eat ridiculous amounts to turn orange. But carrots do contain beta-carotene, which the body turns into vitamin A, which is necessary for healthy vision."

► **Standing by a microwave gives you cancer.**

"This one has been pretty much debunked. The likelihood of radiation leaking from a microwave oven is trivial."

► **Cracking your knuckles gives you arthritis:**

"I tell my kids this all the time simply because it's really annoying! But there's no known correlation."

► **Food dropped on the floor is OK to eat before five seconds pass:**

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## Today in medicine

### Aspirin could boost elderly brains

**Study subjects:** 681 women aged 70-92

**Location of study:** Sweden

**Results:** Research from a five-year study published in the online journal BMJ Open found that elderly women with a high risk of heart disease who took low dose aspirin on a daily basis had less mental decline.

**Significance:** As this was an observational study, the researchers couldn't predict how much use aspirin might be useful in dementia prevention or treatment, but the study indicates that aspirin has possible properties to protect the brain from age-related damage.

### Genetics may lead to eating disorders

**Study subjects:** More than 300 female twins aged 12-22

**Location of study:** U.S.

**Results:** A study published in



the International Journal of Eating Disorders says that genetics may influence if a woman develops an eating disorder. The levels of "thin idealization"—accepting pressure to be skinny—were assessed in identical and fraternal twins. The identical twins had closer levels of "thin idealization" than the fraternal twins, suggesting that genetics played a role in their thinking.

**Significance:** Though researchers found that genetics influenced "thin idealization,"

environmental factors, such as exposure to images of thin models or involvement in an activity that requires thinness, also contribute to the development of eating disorders.

### Uterine fibroids genetic factor found

**Study subjects:** 7,000 white women

**Location of study:** U.S.

**Results:** Researchers from Brigham and Women's Hospital have isolated a genetic link for uterine fibroids in white women. The study, published in The American Journal of Human Genetics, found that the genetic variant FAS protein was triple the normal rate in the uterine fibroid samples.

**Significance:** Seventy-five percent of women of reproductive age have uterine fibroids, which are the most prevalent pelvic tumors in women and the leading cause of hysterectomies in the U.S. Identification of genetic risk factors could aid better screening and also personalize and therefore improve treatment.

● LINDA CLARKE

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## Letters

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## Facts should be flagged for review

RE: "FACTS? WE'RE TALKING ABOUT FACTS?" (METRO, OCT. 9) News columnist Michael J. Frosch raises an interesting point regarding candidates lying during televised debates. Maybe a rule change is needed. Presidential candidates should be given at least the same opportunity as NFL coaches to challenge a questionable call. Each candidate could be given one challenge flag. If Candidate A cites a questionable fact, Candidate B could throw the challenge flag. A panel of moderators would fact-check the statement and point out fabrications, misinterpretations and flat-out lies. If the statement proves untrue, Candidate A would then be embarrassed in real time, which would hopefully deter

incidents of truth-bending. Candidate B gets to keep the challenge flag for another incident. If the statement is true (or reasonably so), Candidate B loses the challenge and can't throw any more challenge flags. For added entertainment value, the networks could hire former replacement referees as moderators.

NEWMAN M. PEPYS, VIA E-MAIL

Mr. Frosch's column is a joke, and he's just another scared Democrat giving another spin on why the president did so badly in the debate. The format made it a true debate. The mainstream media resents when the president is challenged, since they will never do it. His column is never fair, always biased.

PETER MOLTER, VIA E-MAIL

Michael Frosch got it 100 percent right in his column. As was quoted, 80 million people watch the debate. And maybe 20,000 read anything about debunking the actual facts. Lessons learned for future debates:

1. Say anything you want regardless of how true it is.
2. Act presidential.
3. If your opponent calls you on your facts, see items 1 and 2.

KURT BRAUN, VIA E-MAIL

## What silly people, protesting tyranny

Mitt Romney has poise, profound knowledge of business and understands the art of politics. His positive image radiates respect which is a distinctive feature of a world leader. President Obama

sounds like a skillful union organizer. Look what happened to Egypt after he had agitated group enthusiasm in Cairo a couple of years ago. **WILLY MACHAN, VIA E-MAIL**

## There's just no accounting for taste

RE: "GET THESE 'FLY BY NIGHT' ARTISTS OUT OF THE 'LIMELIGHT!'" (METRO, OCT. 8) I agree with letter writer Robert LaRosa that the Rock and Roll Hall of Fame has plenty of omissions, but to claim that N.W.A. and Public Enemy are not musicians is ignorant and shortsighted. Those fine artists have made some of the most exciting, raw and innovative music of all time. Music theory has not yet evolved to be capable of analyzing this great music, let alone being the sole criteria for what is considered great rock. Remember, Elvis could hardly read or write a note or barely strum his prop guitar. Should he have been omitted, too?

DEREK DEMULLING, VIA E-MAIL

## Horoscope

♎ Libra **Sept. 23-Oct. 23.** Don't be reluctant to say what needs saying. You're not just a capable teacher, but an excellent salesperson as well. Others can benefit from many of your ideas and comments.

♏ Scorpio **Oct. 24-Nov. 22.** Hunches or perceptions should not be ignored, especially if they pertain to your commercial affairs. There's a good chance your intuition will zero in on things your logic overlooks.

♏ Sagittarius **Nov. 23-Dec. 21.** Some of your bigger expectations might have a better chance of fulfillment than will your lesser ones. It behooves you to not put any limitations on your thinking.

♐ Capricorn **Dec. 22-Jan. 19.** When it comes to your work or career, you could be exceptionally fortunate when working on vital projects. Don't be afraid to handle more than one task simultaneously.

♒ Aquarius **Jan. 20-Feb. 19.** Something in which you're involved has excellent potential for success, as long as it's reorganized. This is an especially good day to take some time to make improvements.

♓ Pisces **Feb. 20-March 20.** There is a good chance that you could reap some rather substantial benefits from shifting conditions. Even a few

sudden changes could prove to be lucky for you.

♈ Aries **March 21-April 19.** Things could work out quite well in a partnership situation, if the ideas you have mesh well with the course of action your partner wants to take.

♉ Taurus **April 20-May 20.** You are likely to discover that what you have to offer, whether it is an idea or a product, could be more valuable than you first realized. Rethink the deal you made with another.

♊ Gemini **May 21-June 20.** You won't just be a good leader, you're also likely to be a very capable manager. Make sure you're both when dealing with sticky situations.

♋ Cancer **June 21-July 22.** Things will work out in the long run if you are patient enough to wait it out. Don't get disturbed over a matter that gets off track — it's just a temporary mishap.

♌ Leo **July 23-Aug. 22.** Because you'll know how to make everyone you encounter feel that he or she is special, your popularity is likely to reach a high point. You'll deserve the pats on the back you receive.

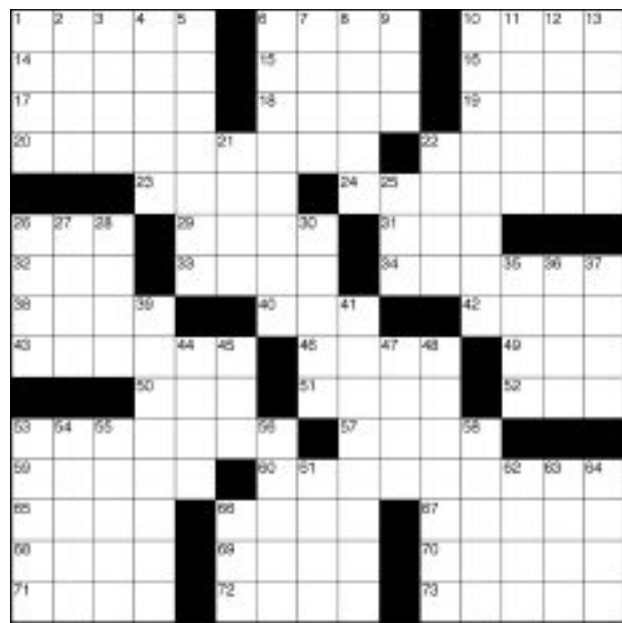
♍ Virgo **Aug. 23-Sept. 22.** Although it might come as a surprise, Lady Luck will tend to favor you. The two areas in which she is likely to reward you pertain to your status and finances.

BERNICE BEDE OSOL

## Across

1 Hooded snake  
6 Clear a trail  
10 Agile  
14 Theater awards  
15 Lectern  
16 Muse of history  
17 Was sincere  
18 Nothing, in Nice  
19 Skein of yarn  
20 Accidental witness  
22 Idaho capital  
23 Facet  
24 Saw Elvis?  
26 Clammy  
29 Asian royalty  
31 Many millennia  
32 Puffin kin  
33 Barely makes ends meet  
34 Surface  
38 Wrinkle remover  
40 Solstice mo.  
42 Interpret tea leaves  
43 Also-rans  
46 Pajama coverer  
49 — Maria (coffee liqueur)  
50 252 calories  
51 John, in Wales  
52 Freddy Krueger's street  
53 Rabbit burrows  
57 Diminutive suffix  
59 Fields of study  
60 Protons and electrons  
65 Cpls.' bosses  
66 Romance novelist  
Victoria —  
67 Two-door car  
68 Barbecue favorite  
69 Vaccine type  
70 Ms. Burstyn  
71 Portico  
72 Refute  
73 Struck out by an editor

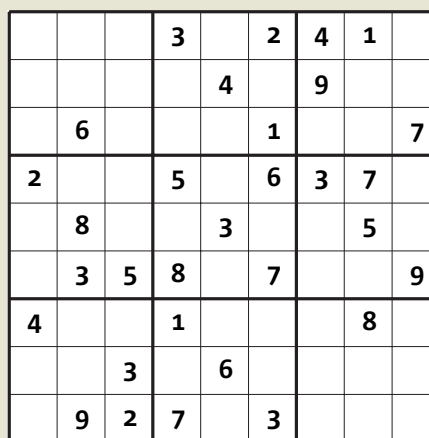
## Down



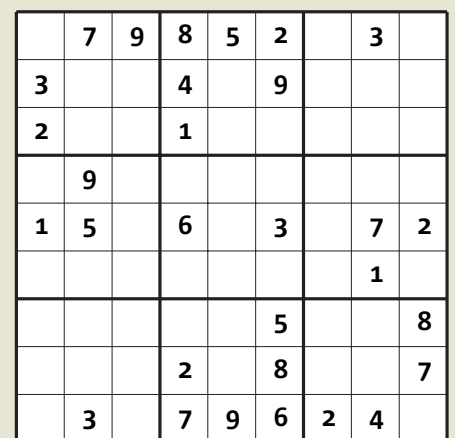
1 Honey holder  
2 Do as told  
3 Slant  
4 Takes an apartment  
5 Nimble Fred  
6 Calcified  
7 Fifi's friend  
8 Most truckers  
9 "— Tiki"  
10 Tall beer glass  
11 Unadorned  
12 Car-wash step  
13 Paired, as oxen  
21 Bismarck loc.

22 Economic upturn  
25 Elf-sized  
26 Go like a siren  
27 Currency established in 1999  
28 Ring stats  
30 Grenoble's river  
35 Solar plexus  
36 Oprah's middle name  
37 Red-waxed cheese  
39 Kearney's place  
41 Not openly  
44 Hwys.

45 Grab some rays  
47 Fiberglass bundle  
48 Led on  
53 Yellow jackets  
54 Slang  
55 Nostalgic look  
56 Mushroom-to-be  
58 Quebec school  
61 Astronaut — Shepard  
62 Breather  
63 Fencer's blade  
64 Fax, maybe  
66 Mortar trough



## SUDOKU LEVEL: EASY



## SUDOKU LEVEL: HARD

## Solution to yesterday's crossword



**How to play Sudoku:** Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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# Movin' on down?

► A-Rod struggles have fans, if not manager, talking about dropping third baseman down in order ► Girardi says he'll do 'whatever it takes to win'

The phone calls to sports talk radio clamoring for Alex Rodriguez to be removed as the team's third-place hitter began early Monday afternoon. They only picked up in intensity yesterday, hours after he struck out twice in the late innings of Game 2.

If manager Joe Girardi is planning on following the advice of his team's rabid fans he did not openly express it, but he did sound more open to the possibility.

"I think that we're going to do whatever it takes to win this three-game series," Girardi said on a conference call yesterday, about Rodriguez. "Nothing that we do will be something that is just a knee-jerk reaction. You know, we talk about different things, and whether it's a pitching change or pitching situations. We know, the great thing about this is, I have a great group of guys that's very unselfish — and they really want to win. And that's what we're going to do, what we think is best to win."

That may be the news Yankee fans are hoping to hear after watching Rodriguez strike out five times and go 1-for-9 in



► Rodriguez is batting 10-for-59 (.169) in the playoffs since his epic, six-homer 2009 postseason.

## ON TV TONIGHT

Yankees vs. Orioles — Game 3  
7:37 p.m., TBS

the series, but it is not a lock. Making a lineup switch involves other things besides writing the names on the line-

up card.

"I think you have to take it all into account," Girardi said. "Sometimes it's just not as easy as just writing a name or taking a guy out, a pitcher out. You have to think about the emotional part. You always have to think about that as a manager."

AL BELLO/GETTY IMAGES



## Kuroda likes home cooking

To hear Hiroki Kuroda talk about his good numbers at Yankee Stadium, the reasons for his success all come down to good luck and fan support.

"I think it's just a matter of luck that I have great numbers here at Yankee Stadium," Kuroda said on a conference call yesterday through an interpreter. "But I think one of the biggest things is the fans. They really motivate me during the game."

Kuroda will make his third career postseason start and first as a Yankee tonight in Game 3. Kuroda made 19 starts at Yankee Stadium and was 11-6 with a 2.72 ERA.

"I think we saw him throw a pretty big game his last start," Girardi said. "Pitchers are used to going through bumps in the road." ● METRO/LF

LARRY FLEISHER  
sports@metro.us

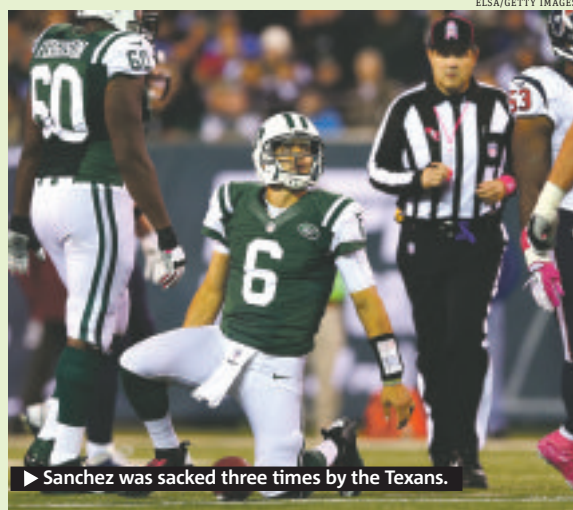
## Jets not happy with earning moral victories

The "moral victory" label gets slapped on too many losses in every sport but the Jets' 23-17 defeat to the Texans on Monday night might be just that.

Eight days after a 34-0 drubbing at home to the 49ers, the Jets took on one of the best teams in football and came up a touchdown short of winning the game.

But don't expect any warm fuzzies from a loss that drops the Jets to 2-3 on the year.

"There's no moral victories, but we saw improvement. We just have to continue and grow and get better," defensive end Mike De Vito told Metro. "We needed to come back out this week, but we fell short. We need to start getting some W's. We got some positives out of it, but now we need wins."



► Sanchez was sacked three times by the Texans.

**.542** The win-loss record for the Jets' next five opponents is 13-11 (.542), including the 3-2 Patriots in Week 7.

Even though it counts as a loss, the Jets should find solace in the way they played given the circumstances. Not only were they a week removed from their effort against the 49ers, the offense went into the game crippled without the services of wide

receivers Santonio Holmes and Stephen Hill, and tight end Dustin Keller. The offense wasn't crisp by any means, but they at least moved the ball and quarterback Mark Sanchez was more effective in getting the ball downfield than the week before.

"The objective is to win, so of course everybody is upset. But at the same time, we know that you've got to give yourself a chance to win and we did that [Monday night]. Were there mistakes along the way? Absolutely. Can we clean some things up? Of course," Sanchez said. "I'm proud of the way guys hung in there. You've just got to be in it and give yourselves a chance. We did that. We just have to be better in the red zone, as well."

"At the end of the day we still lost — that's all that matters," David Harris said. "We put last week behind us and played better in this game, but came up short."

● KRISTIAN DYER

ELSA/GETTY IMAGES

# 3

## In the news

# 30-1

Online gambling site Bovada released its championship odds for the NBA season and while it's no surprise the Heat (11-5), Lakers (5-2) and Thunder (9-2) are at the top, there was a surprise among the local teams. The Nets, not the Knicks, have top odds at 30-1. The Knicks are tied with the Grizzlies and Pacers at 35-1 odds.

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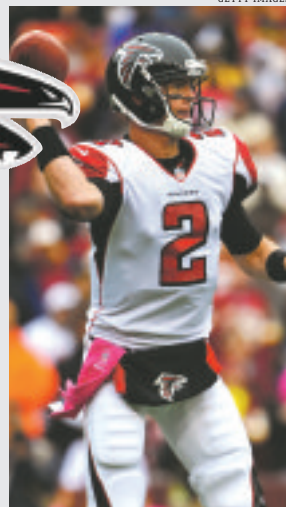
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## Metro's NFL Power Rankings | by Mike Greger



### FALCONS (5-0)

There is something special brewing in Hotlanta. Matt Ryan continues to scream MVP — with the best receiving corps in football — and this team knows how to win tight games, which will help them come playoff time.



### TEXANS (5-0)

They settled for too many field goals Monday night against the Jets, but that zone blocking scheme — especially on the back side, right Jon Gruden? — is fun to watch.



### 49ERS (4-1)

With Alex Smith protecting the ball (one turnover) and a defense that is one of the best ever assembled, the Niners show no signs of slowing down.



### RAVENS (4-1)

Baltimore showed they can win ugly Sunday. And that was as ugly as they come. Harbaugh Bowl still very much alive, if they shore up that porous run defense.



### PATRIOTS (3-2)

Bill Belichick is pounding the rock (254 rushing yards last week) all of a sudden. The Pats have the most well-balanced offense in NFL.



### CARDINALS (4-1)

We'll stick with the Cards for another week. They were due for a loss. Got to stop losing starting running backs, though. Where's Ottis Anderson?



### VIKINGS (4-1)

Matty Ice is still the front-runner, but you could make a legitimate case for Percy Harvin as MVP. He's the most explosive player in the NFL, able to change games with one cut.



### BEARS (4-1)

Monsters of the Midway are back. The defense, with five touchdowns already, can out-score more than a few offenses in this league.



### EAGLES (3-2)

They lost a game they weren't supposed to win and nearly won after playing below their potential. Memo to Mike Vick: Ball security is everything.



### GIANTS (3-2)

You don't want to get Ahmad Bradshaw (200 yards) angry. You won't like him when he's angry. The Giants showed a lot of fight in their comeback win over the Browns.

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# Olympic bonding pays off for Knicks

► Chandler, Anthony spent summer break in London, getting to know each other ► Woodson has seen benefit

The Knicks have six new players on the roster, but luckily for them, they have two holdovers who've come back to camp with a renewed focus thanks to the time they spent at the London Olympics.

Carmelo Anthony and Tyson Chandler used their summer experiences to the max, as they not only helped Team USA win the gold, but they also forged a personal bond.

"Me and Carmelo became a lot closer and had a better understanding of each other, our personalities and what we wanted to accomplish in our careers," Chandler said. "The whole time we were out there trying to accomplish our goals for the Olympics, we were also out there to work on ourselves and talk about what we wanted to accomplish with the New York Knicks."



► Anthony was the seventh-leading scorer in the Olympic tournament at 16.3 points per game.

Head coach Mike Woodson noted neither will play big minutes in the team's opening exhibition game tomorrow at Washington, but the real value has been put forth on the practice floor.

Both Anthony and Chandler are in supreme condition and it's rubbed off on the team. Woodson said he's noticed the difference.

"It is a bonus [playing in the Olympics] because when you spend the whole summer competing at a high level for something of that magnitude like winning a gold medal, it is important," Woodson said. "It's a bonus for any coach to have two players who played throughout the summer and have come back pumped up and ready to go. It's been nice to see."

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# Medical Research

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that a license, number 1264419  
for a Restaurant Wine has been  
applied for by the undersigned to  
sell Beer and Wine at retail in a  
Restaurant under the Alcohol  
Beverage Control Law at 307  
5th Ave., New York, NY for  
on-premises consumption. JHK  
Holding LLC.

NOTICE IS HEREBY GIVEN  
that a license, number 1265826  
for a Restaurant Wine has been  
applied for by the undersigned to  
sell Beer and Wine at retail in a  
Restaurant under the Alcohol  
Beverage Control Law at  
41-22 162nd St., Flushing, NY  
for on-premises consumption.  
Kimchayul BBQ Corp.

NOTICE IS HEREBY GIVEN  
that a license, number 1266180  
for an On-Premises has been  
applied for by the undersigned to  
sell Beer, Wine and Liquor at  
retail in a Restaurant under the  
Alcohol Beverage Control Law  
at 38-07 Broadway, Astoria, NY  
for on-premises consumption.  
Raquel Restaurant Corp.

NOTICE IS HEREBY GIVEN  
that a license, serial # 1266444,  
for Liquor, Wine & Beer has  
been applied for by the  
undersigned to sell Liquor,  
Wine & Beer at retail under the  
Alcoholic Beverage Control  
Law at 852 9th Ave., New York,  
NY 10019. New York County,  
for on premise consumption.  
Kashkaval Kitchen LLC.

NOTICE IS HEREBY GIVEN  
that a license, serial # 1266445,  
for Liquor, Wine & Beer has  
been applied for by the  
undersigned to sell Liquor,  
Wine & Beer at retail under the  
Alcoholic Beverage Control Law  
at 545 Lorimer St. Brooklyn,  
NY 11211. Kings County, for  
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### Market watch



#### CHEAPEST \$100K

**215 W. 105th St.**  
The cheapest apartment to hit the market this week is a co-op at 215 W. 105th St. The investment property already has a rent-stabilized tenant in place and elevator in the building. It is listed by Level Group for \$100K.



#### PRICIEST \$32M

**7 E. 63rd St.**  
The most expensive property listed this week is a 25-foot-wide mansion at 7 E. 63rd St. With six bedrooms and 9,250 square feet of space, this building is listed by Corcoran for \$32M.



StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

# Tribeca lofts open their doors

► This voyeuristic tour offer us a glimpse into some of the city's best interior design ► Forget your tiny studio apartment, and for one day live vicariously through them

## If you go

**Inside Tribeca Loft Tour**  
Sunday, Oct. 14  
1-5 p.m.  
\$60-\$65  
[www.duanepark.org](http://www.duanepark.org)

Take a peek inside the New York City apartments you only dream about.

This Sunday, Tribeca residents are opening the doors of their tricked-out pads to the public for the 13th annual Inside Tribeca Loft Tour. Hosted by Friends of Duane Park, the program offers a close-up view of lofts that make creative use of space and boast original landmarked details.

The tour consists of 10 stops, including a newly renovated eight-bedroom triplex on Watts Street and a top-floor apartment on Hudson Street, which features panoramic views of Manhattan out of its colossal arched windows. A highlight is artist Kate Maracle's modern-meets-country apartment. While her funky artwork decorates the walls, vintage furniture — including an old dresser she converted into a bathroom sink — give the space a cozy, cottage feel.

This year, the tour will include an extra stop outside the Tribeca border. Interior designer Ghislaine Vinas' work in Tribeca has stunned viewers before, so Friends of Tribeca are making an exception and allowing one of Vinas' clients to showcase a four-floor penthouse just outside City Hall Park. Tickets for this viewing are sold separately and are limited to the first 250 people.

Besides helping New Yorkers live out their voyeuristic fantasies, the tour does good for the community. All of the proceeds help support restoration of Duane Park, the second-oldest park in New York City.

**MARY ANN GEORGANTOPOULOS**

## A look inside



CHUCK LEVEY

TREVOR TONDRO

CHUCK LEVEY

## On the market

### Celebs check out of Park Imperial

The Park Imperial, a slender granite tower with a private garage entrance, has long been a haven for celebrities. But that may be changing, as stars such as rapper Diddy, "Law & Order SVU" actor Christopher Meloni and author Deepak Chopra have all listed their Park Imperial homes for sale in the past year.

While even stars may be eager to cash in on the strength of the luxury market, the exodus from 230 W. 56th Street may speak to a larger problem: The building's west-facing views are set to be partially compromised by a new Extell Development tower on 57th Street. **KATHERINE CLARKE**

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

**THE REAL DEAL**



► Sean "Diddy" Combs



► Christopher Meloni

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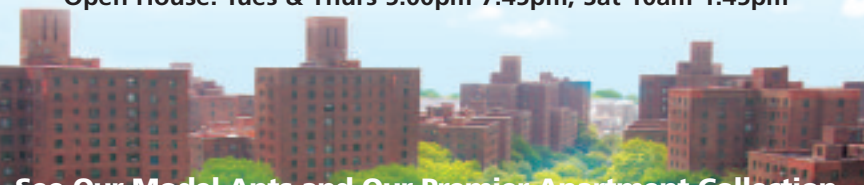
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